How Do You Know If You Are in an Unsafe Relationship?

An unsafe and exploitative relationship can be very dangerous for you. Here is a series of warning signs that may help you identify if you are in an unsafe relationship. If you are experiencing some of these warning signs, seek help from a professional organization that works with people in domestic and family violence situations.

Control

☐ The person may try to control everything you do. At first they may seem charming and say all the right things, but as time goes on, they try to control your life; they want to know what you are doing and/or who you are with at anytime of the day or night.

☐ They may control yours or the household money.

☐ They may stalk you physically and/or by phone and/or on social media.

☐ They gradually start deciding who you should mix with, where you should go, who you should speak to, what you should wear, etc.

☐ They may be jealous of your relationship with family and friends, and try to turn you away from them.

☐ They may refuse to talk to you about your relationship or important issues, for example, family.

☐ They do not trust you and you do not trust them.

☐ They may also threaten to harm themselves if you do not do what they ask. They may refuse to eat, cut or injure themselves or say they will commit suicide to manipulate you.

☐ They may promise you fancy gifts, expensive trips or take you to beautiful restaurants in exchange for a relationship or taking care of them or simply to make you feel obliged to them.

☐ They may decide where you are to work or study.

☐ They may try to hinder your progress in school, college or work and eventually make you drop out.

☐ They may ask you or force you to take and share revealing photos or videos and then they may use these to blackmail you in some way.

☐ They may touch you inappropriately and/or threaten you.

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