SIGNS OF AN UNHEALTHY RELATIONSHIP

Unhealthy relationships mean there is abuse happening—even if it is at subtle levels and hard to see at first. Abuse can come in many forms. There are four basic categories of abuse.

Do you know anyone who may fit into one of them?

**PHYSICAL ABUSE**
Does your partner:
- Push or shove you
- Hold you back from leaving
- Hit or punch you
- Lock you out of the car
- Slap or bite you
- Kick or choke you
- Throw objects at you
- Leave you behind somewhere
- Control your actions

**EMOTIONAL ABUSE**
Does your partner:
- Ignore your feelings
- Insult or ignore your beliefs/values
- Refuse to socialize or talk to you
- Make decisions for you
- Talk about involvements w/ other partners
- Act jealous for no reason
- Shout at you
- Withhold approval or affection from you as punishment
- Threaten to hurt you
- Manipulate you with lies and contradictions
- Drive recklessly to frighten or intimidate you

**SEXUAL ABUSE**
Does your partner:
- Joke or make remarks about your sex/intimacy
- Get jealous, angry, tell you that you should be more sexually active
- Insist that you dress in a more sexual way than you feel comfortable with
- Minimize the importance of your feelings about sex/intimacy
- Criticizes you about your sexual performance
- Withholds affection
- Flirt or make moves on others in front of you
- Call you sexual names as a put-down
- Insist on unwanted touching or other unwanted sexual/intimate acts

**VERBAL ABUSE**
Does your partner:
- Make you feel threatened, intimidated, humiliated, yelled at, inferior or stupid
- Call you names, make you feel crazy, play mind games
- Use emotional or verbal assaults to make you feel sad, worthless or unwanted
- Constantly use words or feelings to criticize, belittle, embarrass, shame, insult or reject you
- Make excessive, aggressive, unreasonable demands that are beyond your capacity

**NO ONE DESERVES TO BE ABUSED!!**
For help or to talk to someone, call:
Creighton’s Counseling Center @ 402-280-2733
Omaha’s YWCA 24-hr hotline @ 402-345-7273