



CHARACTERISTICS OF AN ABUSER: KNOW THE RED FLAGS

An abusive partner can be male or female. While the vast majority of information out there uses male pronouns, remember that either gender can be abusive.

AN ABUSER IS TYPICALLY:



1. Charming

Initially, an abuser partner showers you with praise, adoration, and attention. He/she is sweet, intense, and says things like “I can’t live without you.” He/she quickly pushes for an exclusive relationship.



2. Jealous

An abuser views other people as threats to the relationship and accuses you of flirting with anyone and everyone.



3. Manipulative

An abuser knows how to detect your weak spots, and uses your vulnerability and past pain to his/her advantage.



4. Controlling

An abusive partner wants to know where you are going and who you are with at all times. He/she may check up on you, go through your stuff, or follow you.



5. A “Victim”

An abuser’s poor choices are everyone else’s fault. When he/she gets in trouble or gets into a fight, it’s always because of the other person. He/she is never at fault.



6. Narcissistic

The whole world revolves around him/her. It is your job to meet his/her every need. It's invigorating for abusers to know that everyone around them "walks on eggshells."



7. Inconsistent

Mood swings are a common trait for an abuser. One minute he/she seems happy and sweet, and the next he/she is freaking out about something.



8. Critical

No matter how hard you try, you will never be able to make an abuser happy. He/she thinks nothing of degrading and verbally assaulting you.



9. Disconnected

An abuser's goal is to isolate you from family and friends so that you are totally dependent on him/her. "Your friends cause too much trouble for us. I don't want you seeing them anymore."



10. Hypersensitive

The slightest offense sends an abuser ranting. Everyone is out to get him/her.



11. Vicious and cruel

A significant number of abusers harm children and animals as well as a partner. Inflicting pain and intimidating others is what gives him/her power.



12. Insincerely repentant

An abuser will swear to never hurt you again, but unless he/she receives professional help and faces consequences for the behavior, it's very unlikely that he/she will ever change.

