Below is a list of behaviors that are seen in people who abuse their intimate partner.

- The last four signs listed are almost always seen only if the person is a batterer— if the person has several of the other behaviors (three or more) there is a strong potential for physical violence.
- The more signs the person has, the more likely the person is to become physically abusive.
- In some cases, a batterer may have only a couple of behaviors that the victim can recognize, but they are much exaggerated (e.g. extreme jealousy over ridiculous things).
- Initially, the batterer will try to explain his/her behavior as signs of his or her love and concern, and the victim may be flattered at first: as time goes on, the behaviors become more severe and serve to dominate the victim.

- Possessiveness
- Jealousy
- Controlling Behavior
- Isolates From Family and Friends
- Short Tempered
- Prone to Anger
- Low Frustrations Tolerance
- Poor Self Image
- Quick Involvement
- Stalking
- Calls Repeatedly In One Day
- Uses Intimidation
- Threatens
- Threatens to Commit Suicide
- Often Uses Drugs/Alcohol

- Cruel Towards Animals And Children
- Unrealistic Expectations
- Blames Others for Problems
- Blames Others for Feelings
- Hypersensitive
- Playful Use of Force During Sex
- Verbal Abuse
- Rigid Sex Roles
- Dr. Jekyll and Mr. Hyde
- * Past Battering
- * Threats of Violence
- * Breaking or Striking Objects
- * Any Force Used During an Argument

Checklist

Look over the following questions. Think about how you are being treated and how you treat your partner. Remember, when one person scares, hurts or continually puts down the other person, it’s abuse.

Does your partner....

_____ Embarrass or make fun of you in front of your friends or family?
_____ Put down your accomplishments or goals?
_____ Make you feel like you are unable to make decisions?
_____ Use intimidation or threats to gain compliance?
_____ Tell you that you are nothing without them?
_____ Treat you roughly - grab, push, pinch, shove or hit you?
_____ Call you several times a night or show up to make sure you are where you said you would be?
_____ Use drugs or alcohol as an excuse for saying hurtful things or abusing you?
_____ Blame you for how they feel or act?
_____ Pressure you sexually for things you aren’t ready for?
_____ Make you feel like there "is no way out" of the relationship?
_____ Prevent you from doing things you want - like spending time with your friends or family?
_____ Try to keep you from leaving after a fight or leave you somewhere after a fight to "teach you a lesson"?

Do You...

_____ Sometimes feel scared of how your partner will act?
_____ Constantly make excuses to other people for your partner’s behavior?
_____ Believe that you can help your partner change if only you changed something about yourself?
_____ Try not to do anything that would cause conflict or make your partner angry?
_____ Feel like no matter what you do, your partner is never happy with you?
_____ Always do what your partner wants you to do instead of what you want?
_____ Stay with your partner because you are afraid of what your partner would do if you broke up?

If any of these are happening in your relationship, talk to someone. Without some help, the abuse will continue.

Adapted from Reaching and Teaching Teens to Stop Violence, Nebraska Domestic Violence and Sexual Assault Coalition, Lincoln, NE.