

How to Recognize The Signs of an Abusive Man

Abusive relationships can be difficult to get out of because you might not know where and how to get help. This article will help to speed up the process by helping you to recognize a bad relationship before it gets out of hand.

Steps

1. Watch out for very possessive and controlling guys. They are more likely to become abusive.
2. Monitor his jealousy and insecurity levels. Does he overreact when you spend time with others? Does he dislike your friends for no apparent reason?
3. Be aware of violence or threats of violence. This is never acceptable behaviour.
4. Don't get taken in by the way he cries and rationalizes his behavior. He will use your sympathy to get to you. He may even try to manipulate you by making it seem like its your fault.
5. Notice if he tries to remove you from public places in order to abuse you.
6. See if he belittles you all the time. Does he ever call you names? Hurtful names that you have repeatedly begged him not to call you?
7. Watch how he talks to or about your parents or your friends. Is he rude or unkind?
8. Be aware of him trying to make you feel guilty. Such as "It was your fault that happened, and I did nothing, I just tried to keep you from hurting me"
9. Look for patterns. People who are abusive in relationships are often abusive in other situations. Abuse to family members such as parents or even personal abuse in the form of drugs or alcohol.
10. Has he ever shoved or hit you? Has he ever thrown things at you? **THIS IS THE MOST OBVIOUS SIGN OF AN ABUSER.**

Tips

- If you tell him that you do not tolerate this behaviour and he apologizes one minute and then blames you the next, then he is NOT sincere. It is time to move on.
- Sometimes, he will accuse you of not loving him. **DO NOT BE FOOLED.** This is merely a tactic to make you feel guilty and to stay with him.

- If a man hits you--GO! He's got the pattern. There will be a second time, a third time, a fourth time, a hundredth time--until you leave, or die. Get out of there.
- If you decide to leave him then you must do so and break all ties and communication with him. It is the **ONLY** way you can successfully move on. **HE MUST RESPECT THIS. HE MUST LEAVE YOU ALONE IF YOU REQUEST IT.**
- Have a safe place to go away to and it should not be a place he can find you, and should be a place that is neutral, where he has no access.
- When you tell him it's over, make sure to do it in a place where you can be seen (but not necessarily heard) by other people. The last thing you want is to get abused as a result of trying to stop the abuse, and he will be less likely to try anything in a public area.
- Keep a copy of important keys and documents in a place where only you can find them so that if you need to make a quick escape you are not locked in the house and have access to your car and passport etc.

Warnings

- Try to let someone know of your situation so that they can help.
- Don't be a victim, remove yourself by any means possible from a dangerous situation.

Things You'll Need

- Courage
- Strength
- Power
- Determination

Retrieved from <http://www.wikihow.com/Recognize-The-Signs-of-an-Abusive-Man>
on April 30, 2008 provided by Living Well Counseling and Consulting, LLC www.livingwelcc.com
info@livingwelcc.com