

West Tennessee Legal Services has some other brochures on domestic violence that you might find helpful.

- ◆ Safety Checklist
- ◆ The Safety Plan
- ◆ Are You A Victim Of Battering?
- ◆ Safety For Kids
- ◆ SNAP Benefits for Victims of Domestic Violence
- ◆ Domestic Violence Wallet Card
- ◆ Information on Battered Women's Program



This fact sheet is not meant to take the place of legal advice.

If you have a legal problem, consult a private attorney or call your local Legal Services Office.

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**WEST TENNESSEE  
LEGAL SERVICES**

# **Domestic Violence Warning List**



# DOMESTIC VIOLENCE WARNING LIST

This list can help you recognize if you or someone you know is in a violent relationship.

Check off those behaviors that apply to the relationship. The more checks on the page, the more dangerous the situation may be.

## **Verbal Abuse**

Name calling, Mocking, Accusing, Yelling, Blaming, Swearing, Making humiliating remarks or gestures

## **Pressure Tactics**

Rushing you to make decisions through guilt, and intimidation, Sulking, Threatening to withhold money, Manipulating the children



## **Abusing Authority**

Always claiming to be right, Insisting statements are "the truth", Telling you what to do, Making "big" decisions, Using logic

## **Disrespect**

Interrupting, Not listening or responding, Twisting your words, Putting you down in front of other people, Saying bad things about your friends & family



## **Breaking Promises**

Not following through on agreements  
Not taking a fair share of responsibility  
Refusing to help with childcare or housework

## **Emotional Withholding** ☹️

Not expressing feelings, Not giving support, attention or compliments. Not respecting feelings, rights, or opinions

## **Minimizing, Denying and Blaming**

Making light of his behavior, Not taking your concerns about abuse seriously, Saying the abuse didn't happen, Shifting responsibility for his behavior by saying you caused it

## **Economic Control**

Interfering with your work, Not letting you work, Refusing to give you money, Taking your money, Not allowing use of the car

## **Self-destructive Behavior**

Abusing drugs or alcohol, Threatening suicide or self-harm, Deliberately doing things that will have negative consequences (telling off his boss, etc...)

## **Abusing Trust**

Lying, Withholding Information, Cheating on you, Being overly jealous



## **Isolation**

Preventing you from seeing friends or relatives, Monitoring phone calls, Telling you where you can and can't go

## **Harassment**

Making uninvited visits or calls, Following you, Checking up on you, Embarrassing you in public, Refusing to leave when asked

## **Intimidation**

Making angry or threatening gestures, Using physical size to intimidate, Out-Shouting you, Driving recklessly

## **Destruction**

Destroying your possessions, Punching walls, Throwing/Breaking things

## **Sexual Violence**

Using force, threats or coercion to obtain sex, Degrading treatment based on sex

## **Physical Violence**

Being violent to you, your children, your pets. Slapping, Punching, Grabbing, Shoving, Hitting, Kicking, Choking, Biting, Burning, Stabbing

## **Weapons**

Use of weapons  
Keeping weapons around which frighten you, Threatening or attempting to kill you or those you love

