

TOO  
INTO  
YOU

HERE  
FOR  
YOU

Red flags  
of abuse

[toointoyou.ie](http://toointoyou.ie)

TOO  
INTO  
YOU

# Common signs of an abusive relationship

They say they hate your friends and complain when you spend time with them

They get overly jealous and they're always accusing you of cheating

They criticise you and put you down all the time

They make promises to change and constantly break those promises

They have a bad temper and you feel afraid to disagree with them

They send you constant messages and get annoyed when you don't reply straight away

They tell you how to dress and **criticise your appearance**

They demand to **look through your phone**

They are **physically violent** or threaten to hurt you or someone else

They make you **feel to blame for their actions**

They **make you feel guilty** if you don't spend all your free time with them

They **pressure, guilt or force you** to do things sexually you don't want to do.

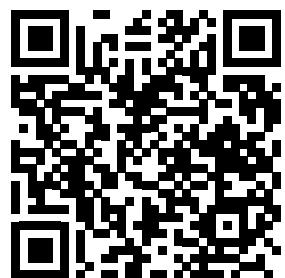
They **try to control you** and everything you do

**You feel afraid** to break up with them because they say they'll hurt themselves if you do

**Even if you don't recognise any of these signs but something feels wrong, it probably is.**

**Abuse can feel like a big word, but it can start with small actions and get much worse over time.**

**Take the Relationship Quiz at [toointoyou.ie](http://toointoyou.ie) to see if yours is healthy.**



**Our Chat Support Service** is completely free and confidential. Available at [toointoyou.ie](http://toointoyou.ie)

Call Women's Aid 24Hr National Freephone Helpline on **1800 341 900**.

**Women's Aid**