

**TOO
INTO
you**

**HERE
FOR
YOU**

**Red flags
of abuse**

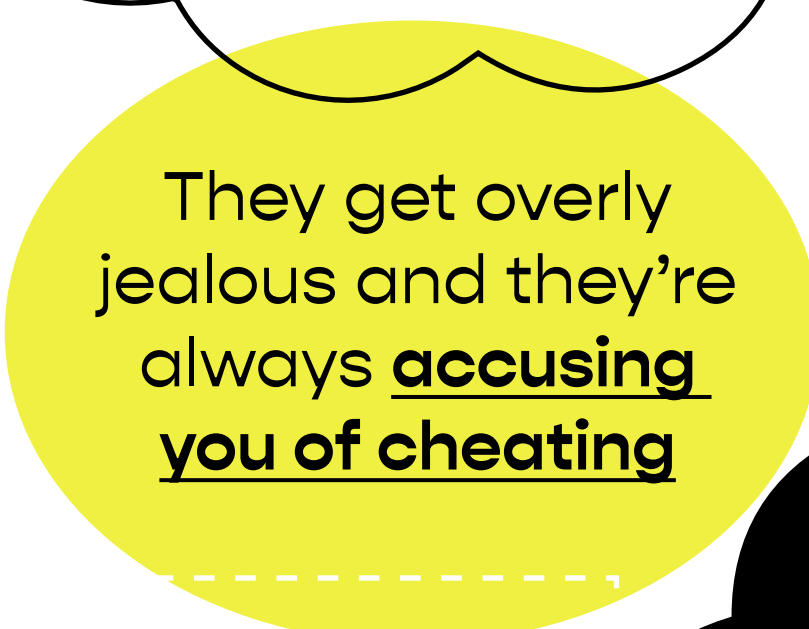
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Common signs of an abusive relationship



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 your appearance

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

They demand to look through your phone

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

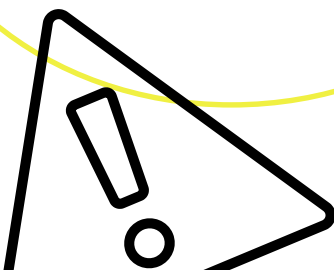
They are physically violent or threaten to hurt you or someone else



They try to control you and everything you do

They make you feel to blame for their actions

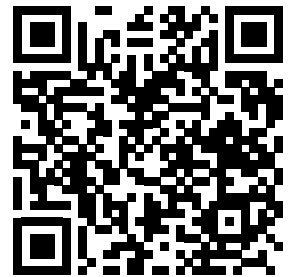
You feel afraid to break up with them because they say they'll hurt themselves if you do



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 to see if yours is healthy.



Our Chat Support Service is completely free and confidential. Available at toointoyou.ie

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

Women's  Aid