

15 WARNING SIGNS OF A BATTERING PERSONALITY

If your spouse or boyfriend displays a combination of these behaviors, he may be a potential batterer:

1. QUICK INVOLVEMENT:

Comes on strong, claiming, "I've never felt loved like this by anyone." He pressures you into an exclusive commitment almost immediately.

2. JEALOUSY:

Excessively possessive, calls constantly, or visits unexpectedly.

3. CONTROLLING BEHAVIOR:

Interrogates you intensely about whom you talked to and where you are, checks mileage on your car; keeps all the money; requests you ask permission to go anywhere or do anything.

4. UNREALISTIC EXPECTATIONS:

Expects you to be the perfect woman and to meet his every need.

5. ISOLATION:

Tries to cut you off from family and friends; deprives you of a phone or a car; tries to prevent you from holding a job.

6. BLAMES OTHERS FOR PROBLEMS:

The boss, your to blame, always someone else's fault if anything goes wrong. Everyone is out to get him.

7. BLAMES OTHERS FOR HIS FEELINGS:

He says, "You're hurting me by not doing what I tell you" or "You make me angry" instead of "I'm angry."

8. HYPERSENSITIVITY:

Is easily insulted. He'll rant about injustices that are just part of life.

9. CRUELTY TO ANIMALS & CHILDREN:

Kills or punishes animals brutally. Also, may expect children to do things way beyond their ability, or will tease them until they cry.

10. PLAYFUL USE OF FORCE DURING SEX:

Enjoys throwing you down or holding you down against your will during sex; says he finds the idea of rape exciting.

11. VERBAL ABUSE:

Constantly criticizes you or says cruel things; degrades, curses, calls you ugly names.

12. RIGID SEX ROLES:

Expects you to serve, obey, and remain at home.

13. SUDDEN MOOD SWINGS:

Switches from sweet and loving to explosively violent in a matter of minutes.

14. PAST BATTERING:

Admits hitting women in the past but says the situation brought it on.

15. THREATS OF VIOLENCE:

Makes statements such as "I'll break your neck," then dismisses them with, "I really didn't mean it."

If it's come this far, it's time to get help or get out. Call your local law enforcement agency for shelter information.