

# Is This Abuse?



Dating abuse is a pattern of destructive behaviors used to exert power and control over a dating partner. While we define dating violence as a pattern, that doesn't mean the first instance of abuse is not dating violence. It just recognizes that dating violence usually involves a series of abusive behaviors over a course of time.

## Warning Signs of Abuse

Because relationships exist on a spectrum, it can be hard to tell when a behavior crosses the line from healthy to unhealthy or even abusive. Use these warning signs of abuse to see if your relationship is going in the wrong direction:

- Checking your cell phone or email without permission
- Constantly putting you down
- Extreme jealousy or insecurity
- Explosive temper
- Isolating you from family or friends
- Making false accusations
- Mood swings
- Physically hurting you in any way
- Possessiveness
- Telling you what to do

Learn more about how unhealthy relationships work by exploring our power and control wheel at [loveisrespect.org](http://loveisrespect.org).

For more information, you can visit: [www.loveisrespect.org](http://www.loveisrespect.org)

A white call-to-action box with a dark blue border. At the top, it says 'Connect NOW!' in orange. Below that is a green speech bubble icon with 'Live Chat @' inside. Underneath is the website 'www.loveisrespect.org'. At the bottom, there are two icons: a green speech bubble with 'loveis' and a green telephone icon. To the right of the telephone icon is the number '1-866-331-9474'. At the very bottom, it says 'Discuss your options anonymously. Peer advocates are available 24/7.' in orange.

**Connect NOW!**

Live Chat @

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loveis | 1-866-331-9474

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Repurposing is allowed and encouraged.

Please contact Break the Cycle or the National Dating Abuse Helpline for more information.