Table of Contents

Warning Signs Your Partner Might Be Dangerous

Here are 15 warning signs that someone in your life might be dangerous. These can happen in any relationship, not just romantic ones, but also with friends or family. When starting a relationship with someone, there are many things that a person can hide about themselves. Over time, their real behavior shows. Here are a few things to look out for:

- 1. Rushes through your relationship
 - a. Love bombing
 - b. Requiring your constant attention
- 2. Jealousy
 - a. Accusing you of cheating or having an affair
 - b. Wanting all your time and energy focused on them
- 3. Controls you
 - a. Wanting to know where you are at all times
 - b. Checks your mileage and social media constantly
 - c. Keeps your money

- d. Tells you what to wear4. Wants you to meet all their needs
- 5. Cutting you off from others
 - a. Tries to keep you away from friends and family
 - b. Restricts access to your car, phone, or social media
 - c. Doesn't want you to work
 - d. Embarrasses you in public
- 6. Prevents your self-care
 - a. Interrupts your sleep
 - b. Causes you to eat inconsistently
 - c. Makes you stressed more often than not
 - d. Makes you miss appointments
- 7. Blames you or others for their own problems
- 8. Blames you or others for their feelings
 - a. Ex. "You're just making me so mad"
- 9. Severe and sudden mood swings
 - a. Gets upset very easily or over the smallest things
 - b. Changes to sweet and loving like whiplash

c. Throws objects or punches walls in anger
10. Hurts animals or children
11. Uses force or coercion for sexa. Manipulates you into having sex with them when you don't want tob. Physically forces you to have sex against your will
c. Controls when you use condoms and/or birth control
12. Verbally hurts youa. Criticizes you consistently and makes you feel badb. Yells and/or curses at youc. Calls you ugly names
13. Want you to serve, obey, and stay at home
14. Has abused a former partner
15. Threatens abuse
If you notice these signs, call the Domestic Violence hotline at 1-800-799-7233. You can also call your local legal aid office.
Last updated on October 29, 2025. Print

Table of Contents

NEWS

News & publications

The news about recent activities for needed peoples.

More News

26 Apr 2022

Chat Bots for Family Law, Landlord-Tenant, and Workers Compensation

Need Legal Help? Check Out Our Chat Bots! We currently have three...

Continue Reading about Chat Bots for Family Law, Landlord-Tenant, and Workers Compensation

14 Apr 2022



Free Senior Legal Helpline

Are you a senior citizen with legal questions? If you're 60 or older...

Continue Reading about Free Senior Legal Helpline

Our Partners

Our Partners



PDF downloaded from https://www.help4tn.org/page/1518/warning-signs-your-partner-might-bedangerous