

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 wear

4. 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 sex

- a. Manipulates you into having sex with them when you don't want to
- b. Physically forces you to have sex against your will
- c. Controls when you use condoms and/or birth control

12. Verbally hurts you

- a. Criticizes you consistently and makes you feel bad
- b. Yells and/or curses at you
- c. 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.

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