

Marriage & Family

Signs of Domestic Violence

Make you feel like you're walking on eggshells to keep the peace.

Makes you feel like a prisoner in your own home.

Yells at you frequently and calls you hurtful names.

Is unpredictable or has sudden mood swings.

Threatens you with violence.

Breaks or hits things in your presence.

Give you hateful or threatening looks.

Shoves, slaps, or hits you.

Abuses your children.

Keep you from seeing friends or family.

Hurts your pets.

Follows you, spies on you, or shows up at your job, school, or friends' homes.

Listens to your phone calls or keeps you from using the phone.

Is forceful with affection and/or sex.

Accuses you of having affairs.

Controls all the money and gives you little or none.

Keeps you from getting or keeping a job.

Pushed you to make a commitment before you felt ready.

Has a history of battering in other relationships.

Gets very angry or upset with you often and then apologizes with gifts, flowers, and promises.

Material comes from *Alabama Marriage Handbook*, 41.

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