

24-Hour Helpline:
(435) 628-0458



10
warning signs
of an abusive
relationship



For more info, visit:
www.health.utah.gov/vipp



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1 **Intimidation**

Making someone afraid by using looks, actions, or gestures. Smashing things, abusing pets, or displaying weapons.



2 **Minimization**

Making light of the abuse and not taking concerns about it seriously.

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3 **Denial & Blame**

Saying the abuse didn't happen and shifting responsibility.

4 **Threats**

Making and carrying out threats to hurt someone. Threatening to leave, to commit suicide, or to report her/him to the police.



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Manipulating or making threats to get sex. Getting someone drunk or drugged to get sex.

Controlling what another person does, reads, who they talk to, and/or where they go.



5 Sexual Coercion

Manipulating or making threats to get sex. Getting someone drunk or drugged to get sex.

Controlling what another person does, reads, who they talk to, and/or where they go.

6 Isolation



Using jealousy to justify actions.

7 Jealousy

Threatening to expose someone's weakness or spread rumours.

8 Minimization



Using jealousy to justify actions.

7 Jealousy

Threatening to expose someone's weakness or spread rumours.

8 Minimization

Making someone feel bad about themselves, calling them names, or making them think they are crazy or feel guilty for something they did or did not do.

9 Emotional



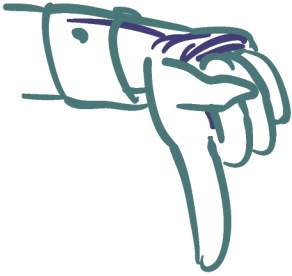
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9 Emotional



Treating someone like a servant. Making all the decisions. Being the one to define how a person should act.

10 Using Social Status



Treating someone like a servant. Making all the decisions. Being the one to define how a person should act.

10 Using Social Status

