

# Ten RED FLAGS

**RED FLAG:** a red flag is a warning sign of pending danger or a problem

Often times within an abusive relationship there are red flags that precede the escalation of violence. In hopes of preventing future violence, it is important to be able to define and recognize red flags. We are sharing 10 red flags with you and hope that you share them with family and friends to help prevent future violence and foster healthy, loving relationships!

-  1 Extreme jealousy
-  2 Minimizing one's hurtful behavior
-  3 Isolating you from friends/family
-  4 Criticizing you/ putting you down
-  5 Does not honor your boundaries
-  6 Extremely controlling
-  7 Loses temper frequently
-  8 Destroys your property
-  9 Threatens to hurt you/those you love
-  10 Wants to know where you are at all times