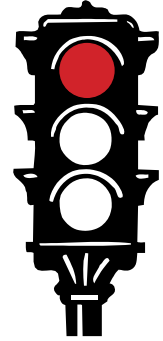


Stop, Caution, or Go?



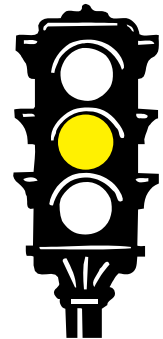
STOP SIGNS

- Calls you names and/or puts you down
- Gets extremely jealous when you talk with others
- Makes all the decisions and disregards your ideas
- Looks through your call log on your cell phone or reads your e-mails
- “Checks in” by calling or texting you constantly
- Intimidates you with looks or threats
- Becomes physically violent
- Threatens to harm him/herself if you ever leave the relationship
- Forces unwanted sexual activity



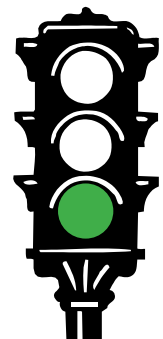
CAUTION SIGNS

- Questions your behavior, style or actions
- Limits your time with friends and family
- Asks you to quit activities to spend more time with him/her
- Starts blaming you and/or others for behavior
- Makes excuses for his/her behavior
- Starts making decisions for you
- “Needs” to be with you instead of “wants” to be with you
- Monopolizes your time and attention
- Acts insecure about your past relationships



GO SIGNS

- Gives compliments
- Shows patience
- Trusts your commitment to each other
- Encourages spending time with friends and family
- Asks you to help make decisions
- Respects your choices
- Offers support freely
- Speaks honestly
- Shares feelings in a constructive way
- Supports and trusts your friendships with the opposite sex



See the Signs.  the Abuse.