

## 5. Isolation is dangerous.

Abusive people do what they can to isolate the one being abused. They try to cut them off from loved ones, both to make it more difficult for people to realize something is wrong, and to make the person reluctant to reach out for help.

If a person's partner insists that family members, friends, and co-workers are all threats to their relationship, it's a red flag. By stripping away other relationships, the abusive partner makes the person dependent on them, leaving them without a support system.

## 6. Emotional manipulation is sneaky.

Not all abusers present as dominant or demanding. While some are aggressive and blame their partner for their wrongdoing, others manipulate in different ways.

Some may behave as though they're sad and insecure, in need of copious amounts of attention. They guilt their partners into attending to them to the exclusion of everyone else.

Some may see this person as pathetic or pitiful and miss the manipulation taking place.

## 7. Financial manipulation can trap people.

Abusers often try to control money, making it difficult for their partners to leave. They may insist on one shared bank account, monitoring all transactions.

An abuser may also discourage their partner from working, making them completely dependent on the abuser's income and willingness to support them.

These situations limit the partner's freedom and ensure that the abuser is aware of most of their activities.

## 8. Friends and family members often miss red flags.

There are usually signs that a person is experiencing intimate partner violence, though they can be difficult to recognize.

Due to controlling behavior, people experiencing intimate partner violence often stop participating in activities they used to enjoy. They may show less interest in hobbies and stop attending events they used to love. They may check their phone more often while away from their partner.

It's not uncommon for people subjected to intimate partner violence to make an excuse to leave an event after receiving a call or message.

Marked changes in behavior are warnings. If you see them, pay attention, ask questions, and make sure your loved one knows you're willing to listen.



## Warning Signs of Abuse

If you're concerned about a loved one, watch for several important signs that could indicate they're in an abusive relationship and need help. These include:

- withdrawing from others and making excuses not to see friends or family or do activities they once enjoyed
- seeming anxious around their partner or afraid of their partner
- having frequent bruises or injuries they lie about or can't explain
- having limited access to money, credit cards, or a car
- showing an extreme change in personality
- getting frequent calls from a significant other, especially calls that require them to check in or that make them seem anxious