



Facilitator's Guide

Warning Signs

of an abusive relationship

Roll the die, discuss the warning sign with the coordinating number and write at least one example.

Possible responses in red

1. Too much too soon: partner pushes for instant closeness.

partner constantly praises you, pushes boundaries, wants to spend all their time with you

2. Isolation: partner insists on spending all or the majority of your time together.

discouraging you from keeping in touch with family, freinds, discouraging you from doing activities apart from each other

3. Double Standards: your partner can hang out with friends but you can't.

partner exercises rights int he relationship but denies you the same respect.

4. Dishonesty: misleading or telling lies.

lies about little things or even big things, misleads you to believe something that isn't true

5. Blame Shifting: partner doesn't accept responsibility for their actions.

they say it's your fault they yelled, hit, pushed, etc. blame police for their speeding ticket, etc.

6. Manipulation: attempting to control or influence another to their advantage.

silent treatment, gas-lighting, guilt tripping, instilling fear, threatening to hurt themselves
