 **What Does an Abusive Relationship Look Like?**

**Abuse** is occurring in a relationship when one partner:

* **Communicates** in a way that is hurtful, threatening, or insulting.
* **Mistreats the other**: One partner does not respect the feelings, thoughts, decisions, opinions or physical safety of the other.
* **Accuses the other of cheating or having an affair when it’s not true**: The partner who accuses may hurt the other in a physical or verbal way as a result.
* **Denies that the abusive actions are abuse**: An abusive partner may try to blame the other for the harm they’re doing, or makes excuses for abuse or minimizes the abusive behavior.
* **Controls the other**: There is no equality in the relationship. One partner makes all decisions for the couple without input.
* **Isolates the other partner**: One partner controls where the other one goes and who they talk to. They may isolate their partner from family and friends.
* **Exerts economic control**: One partner controls the money and access to resources.
* **See the National Domestic Violence Hotline website for more ex.**

For more information, go to the National Coalition Against Domestic Violence (NCADV) website or to the **Seeds of Security webpage of the Baltimore-Washington Conference at www.bwcumc.org/sos.**

**RESOURCES**

**Susanna Wesley House (Baltimore)**410-837-3787, [www.susannawesleyhouse.org](http://www.susannawesleyhouse.org)**Arundel House of Hope**
410-863-4888, [www.hoh.org](http://www.hoh.org)**Marian House**
410-467-4121, <https://www.marianhouse.org/>**Sarah’s House**
410-551-7722,  [Catholicharities-md.org](http://www.bwcumc.org/Page/edit/863973/Catholicharities-md.org) (multiple locations)

 **Source**: National Domestic Violence Hotline www.thehotline.org/healthy-relationships/relationship-spectrum/

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