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
Arundel House of Hope
Marian House
Sarah's House
410-551-7722, Catholiccharities-md.org (multiple locations)