



Warning signs of being in a toxic abusive relationship:

- * He gives you an emotional high, but he doesn't sustain a real relationship with you.
- * He hides personal information. He won't share his passwords for his phone, texts, email, etc.
- * He talks about and compares you to his past girlfriends/wives.
- * He physically threatens you or harms you. Shoving, pushing, slapping, choking, biting, pulling hair, hitting, punching, throwing items at you or across the room, forcing sex when you don't want it, or even just raising his fist as a threat is ABUSE. One time is too many times.
- * He doesn't respect your body. He won't wait until marriage to have sex with you.
- * He disappears for hours, days, or weeks at a time. He makes up excuses why you couldn't reach him or he was unable to contact you.
- * He doesn't provide. He may talk of working but doesn't hold a job long. He will always use a new excuse. You end up paying most of the time for everything.
- * He doesn't mind that you compromise your morals and values to be with him.
- * Your relationship (or aspects of it) is hidden and kept a secret from your family, friends and those you respect.
- * He threatens to kill you or your children if you leave or when he's in a fit of rage about something. He has weapons and uses them to get you to do what he wants. You feel afraid for your life and your children's. Get out. Get help. Get a restraining order. Your life depends on it.
- * You feel like you can never do right in his eyes. You keep trying but it's never good enough.
- * He isolates you by not letting you see your friends and family. He doesn't want you to go anywhere. He may even try to keep you from going to church or having a job.
- * He makes you feel like it's your fault if you have a fight. He turns his wrongdoings onto you. He manipulates everything in his favor.
- * He blames others for past relationship failures and does not acknowledge his mistakes or actions. It's usually a sob story of someone abusing him or using him.
- * He changes his stories and breaks his promises. He doesn't follow through most of the time. When he does, it's short lived and then he's right back into the damaging behavior.
- * He's a charmer. He knows just what to say to hook you in again. He says the words you want to hear but does not back up his words with actions.
- * He will talk with you about spiritual things and God to draw your affection towards him, but he does not live a spiritual or godly lifestyle. He uses scriptures to manipulate you.
- * He constantly threatens to leave you if you don't make him happy.
- * He controls what you wear, eat or who you see or where you go. He gets jealous if you go somewhere without him and he texts you and calls you an insane amount until you are home.

Arise!

- * He has a criminal background and he undermines his mistakes or says he didn't do it.
- * He angers easily over small things and gets erratic when confronted with truth.
- * He enjoys violence and is proud of beating his peers up.
- * He gives a reason why he can't leave the other girlfriend. Run.
- * He harbors addictions: Smoking, marijuana, alcohol, porn, etc. He has an excuse why he won't give them up.
- * He has no problem with sleeping around outside of marriage. He'll have an affair, a drinking/drug binge, etc., and have no remorse later.
- * He relies on you or has other women take care of him. It should be the other way around.
- * He controls your money and doesn't let you have it.
- * He moves a lot. He crashes or stays with friends or other women until he's outlived his welcome.
- * He makes you feel bad about yourself. Your appearance, your strengths, your weaknesses... he makes you feel not good enough.
- * If you tell him how you feel when you're upset he tells you that you are irrational or crazy. He won't take responsibility for his own actions but deflects and blames you for his anger.
- * He dishonors and disrespects people in authority, your parents or people you look up to.
- * He is overly jealous if another man looks in your direction or speaks with you. He's jealous of your children or even the dog.
- * He is constantly suspicious of you having an affair or possibly cheating on him. That usually is a sign that he's cheating on you.
- * He doesn't have goals or dreams that he strives to achieve.
- * He uses depression/suicide attempts as control or manipulation to get you to stay in the relationship.
- * He has you hang onto "what we used to be" -those happy up in the clouds feelings, but it never gets that way again, or if it does it's just temporary.
- * He leaves you abandoned. He leaves at the drop of a hat. Comes and goes as he pleases and won't give you real answers.
- * He asks for your money that you earn. You somehow end up supporting his bad habits...buying his cigarettes, marijuana, alcohol, etc. He promises to pay back but doesn't. He steals or uses your account without your consent.
- * He has you spending more of your energy pleasing him than he you.
- * You spend more time in the relationship on your knees crying for him to love you, to change, or to have your happy ever after with him. If you are crying and hurting most of the time- this is NOT love. True love should never hurt this much.