

# Signs of Domestic Violence

Signs that you may be experiencing domestic violence in your relationship.

**Photo of a woman staring off and a man in the background with his hand to his forehead.**

Some examples of abusive tendencies include but are not limited to:

**Extreme jealousy of the victim's family or friends.**

Photo of a man on his phone and his wife looking over his shoulder.

**Stalking or monitoring their victim's every move, in person or via social media.**

Photo of two men yelling at each other.

**Accusing the victim of cheating.**

Photo of Asian couple arguing on the couch.

**Controlling who the victim can see, hang out with, where they go, or what they do.**

Photo of a woman crying while leaning up on the side of a building with a man yelling at her from behind.

**Abusers may apologize profusely for their actions or say their actions are out of love.**

Photo of a woman crying with her hand to her head and a tear running down her cheek.

**Embarrassing or shaming the victim with put-downs.**

Photo of a silhouette of a man choking a woman.

**Physical Abuse.**

**Emotional and psychological abuse can often be just as extreme as physical violence. Lack of physical violence does not mean the abuser is any less dangerous to the victim, nor does it mean the victim is any less trapped by the abuse.**

**IT CAN STOP. National 24 Hour Hotline: 800-799-7233 Domestic Violence Awareness Month.**

Department of Economic Security logo.