Extreme Jealousy:
- A partner who does not want the other partner to have friends and/or gets mad when they spend time with friends
- A partner who cannot tolerate the other partner expressing warm feelings for anyone else
- A partner who checks up on the other partner frequently & doesn't accept breaking up

Threatens:
- A partner who threatens the other partner with physical and/or psychological harm (negative consequences with family, friends, community)

Drug & Alcohol Abuse:
- A partner who pressures the other partner to abuse alcohol and/or other drugs
- A partner who blames intoxication for abuse

History of Bad Relationships:
- Blames past partners for all of the problems in past relationships

Helping Resources

Counseling, Health & Wellness
73 Tremont Street, 5th Floor
617-573-8226
M-Th 9am-6pm, F 9am-5pm
suffolk.edu/chw

SU Dean of Students
617-573-8239
12th Floor, 73 Tremont St

SU Police Department
617-573-8111
Ridgeway Building, 4th Floor
148 Cambridge St

SU Title IX Office
617-573-8027
13th Floor, 73 Tremont St

Boston Area Rape Crisis Center
800-841-8371
Hotline Open 24/7

Casa Myrna Safelink Hotline
877-785-2020
Hotline Open 24/7
Possessiveness:
- A partner who tries to control by giving orders, making all the decisions and/or not taking the other partner’s opinion seriously
- A partner who acts as if they own the other partner, their body & time

Unpredictable Mood Swings:
- A partner who can dramatically shift from being jealous, controlling or angry to being sweet, charming & loving
- A partner with whom the other partner has worry about how they will react to what they say or do
- A partner whose reactions are scary to the other partner

Explosive Anger/Frustration:
- A partner who has a history of fighting, losing their temper quickly, and/or bragging about mistreating others

Low Self-Esteem:
- A person with low self-esteem may say: "I am nothing without you" or "You are my world" in order to control

Pressures for Sex:
- A partner who is forceful or scary around sex
- A partner who does not obtain consent
- A partner who says "If you really loved me you would..."

Blames Others for "Why" They Have Been Violent:
- A partner who blames the other partner when they mistreat them
- A partner who says "you provoked me..." and/or "you led me on..."

Family & Friends Are Worried:
- Family & friends are expressing concern about the partner and/or fearing for the loved one’s safety

Types of Domestic Violence
*Definitions include, but are not limited to the following examples*

Physical Abuse:
Includes pushing, shoving, hitting, punching, choking, restraining, assault with a weapon, leaving the person in a dangerous place, refusing to help when the person is sick or injured.

Psychological Abuse:
Includes humiliation, intimidation, threats of harm, criticizing, insulting, belittling, ridiculing, verbal threats, separation from social supports, extreme jealousy, possessiveness, accusations.

Sexual Assault:
Refers to a continuum from rape to nonphysical forms of pressure that compel individuals to engage in sex against their will.

Stalking:
Repeated harassing, threatening, or unwanted behaviors, including following, appearing at a person's home or place of work, harassing calls/messages, vandalization.

Economic Abuse:
Involves restricting access to resources such as bank accounts, phone communication, transportation, medical care.