

RED FLAGS FOR BATTERING PERSONALITY

Abusive men work very hard to create and maintain the fantasy of a perfect relationship. He is often “Mr. Wonderful” in the beginning, and you may have felt very drawn to him because he made you feel special and cared for. It often takes time for his abusive characteristic to be revealed.

Quick Involvement

Extreme Jealousy

Constant Criticism

Controlling Behavior

Sometimes this is done by wearing you down with complaints and nagging rather than obvious behavior so that it seems you are making your own choice. (Such as when you slowly stop hanging out with your best friend because he makes negative comments about her.)

Hypersensitivity

- If you complain about anything, he accuses you of nagging or blames you for starting the fight.
- His feelings are the ones always hurt.

Entitlement

- He overvalues his time and efforts (at work or at home), and devalues yours.
- Expects you to always be focused on his needs and feelings.
- Feels put upon if you ask anything of him.
- No matter how much you try to do it is never enough.
- Demands his needs be met at all times - what ever he wants, when ever he wants.
- Narcissism (he is the center of the universe)

Manipulation

- Dr. Jekyll & Mr. Hide - changing his mood abruptly and frequently.
- Acting like he is the only one who knows what is best for you and your children.
- Getting you and/or others to feel sorry for him.

Crazy Making

- Denying the obvious about what he is doing or feeling.
- Changing the subject in a fight.
- Telling you that you are the one overreacting, are crazy and need counseling.
- Twisting words – insisting that you are saying, thinking or feeling things you are not.

Intimidation

- Cruelty to animals and/or children
- “Playful” use of force in sex

Isolation

Lack of Accountability

- Blames others for his feelings, his problems, abusive behavior.

Abusers typically deny, minimize, make excuses, and blame others for their behavior.