

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

410-863-4888, www.hoh.org

Marian House

410-467-4121, <https://www.marianhouse.org/>

Sarah's House

410-551-7722, Catholicharities-md.org (multiple locations)

Source: National Domestic Violence Hotline www.thehotline.org/healthy-relationships/relationship-spectrum/

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