15 Signs Someone Might Be Dangerous

Do they do one or more of these things? Then it's time for you to get help or get out.

1. Wants to get involved fast: Right away he wants you to promise to only be with him. Says, "no one's ever loved me like you do."
2. Jealous: He wants to make sure you aren't with anyone else; calls all the time, or shows up without telling you he's coming.
3. Wants to control you: Wants to know who you talked to and where you were; checks mileage on your car; keeps all the money; makes you ask for his OK to go anywhere or do anything.
4. Expects you to be perfect: He expects you to know what he wants and meet his every need.
5. Cuts you off from others: Doesn't want you to see family and friends; won't let you have a phone or car; doesn't want you to work.
6. Blames others for problems: If anything goes wrong, it's always someone else's fault -- the boss, you. Everyone is out to get him.
7. Blames others for his feelings: He says, "You're hurting me by not doing what I tell you" or "You make me mad" instead of "I'm mad".
8. Gets upset easily: He gets mad about things that are just part of life.
9. Hurts animals and children: Kills or punishes animals. Wants children to do things they can't, or teases them until they cry.
10. Uses force during sex: Enjoys throwing you down or holding you down against your will during sex; says he finds the idea of rape exciting.
11. Says things to hurt you: Always criticizes you or says cruel things; puts you down, curses, calls you ugly names.
12. Thinks women should obey men: Wants you to serve, obey and stay at home.
13. Sudden changes in mood: Switches from sweet and loving to mad in a few minutes.
14. Has hit women before: Says he hit women in the past.
15. Says he will hurt you: Says things like "I'll break your neck," then says "I didn't really mean it."

Memphis Area Legal Services, Inc. (MALS) is a nonprofit law firm providing free legal assistance in civil matters to low-income and elderly persons living in Shelby, Fayette, Lauderdale and Tipton counties in West Tennessee. Since 1970, MALS has been dedicated to helping families and individuals solve problems that affect their basic needs.

The Domestic Violence Project is funded by the Women's Foundation for a Greater Memphis and Legal Services Corporation

Memphis Area Legal Services, Inc.
22 North Front, 11th Floor, Falls Bldg. ■ Memphis, TN 38103
phone: 901.523.8822 ■ www.malsi.org

The Opportunity Plus program provides assistance to victims of domestic violence in achieving self-sufficiency after leaving their abusive relationships.

For assistance, Memphis Area Legal Services
(901) 523-8822, ext. 190
Promoting **self-sufficiency** for families in crisis

Our trained staff will assist with:

- Developing a **safety plan**
- Assistance with the **Order of Protection** process
- Providing direct client services to include intensive **case management**
- Locating emergency, transitional and temporary **housing** and referrals for rent and utility payment assistance
- Emergency **financial assistance** (as funds are available)
- **Bus passes** as needed (as funds are available)
- Referrals for appropriate **counseling** for the client and her children
- Education in daily living and **coping skills**
- Assistance with:
  - Cover Letter and Resume Writing
  - Basic Internet and Computer Skills
  - Short and Long Term Goal Planning
  - Financial Literacy and Management

For assistance, call Memphis Area Legal Services **(901) 523-8822, ext. 190**

---

**The Cycle of Abuse**

**Explosive Phase:** The tension becomes unbearable and the abuser explodes. In this phase, the most severe abuse occurs. The victim may try to cover up the injury or may seek help.

**Honeymoon Phase:** abuser demonstrates loving behavior such as giving gifts and flowers and doing special things for the victim. Abuser is apologetic and makes promises to change. The victim is trusting, hoping for change, wants to believe partner's promises.

**Tension-Building Phase:** The abuser becomes edgy and has minor explosions. He may become verbally abusive- some hitting, slapping incidents may begin. The victim begins to feel tense and afraid; is like "walking on eggshells”

Reprinted from CASA, Inc. (Citizens Assisting and Sheltering the Abused).

---

**Tips You Can Use To Keep You Safe**

- Having important phone numbers nearby for you and your children.
- Numbers to have are the police, hotlines, friends and the local shelter.
- Friends or neighbors you could tell about the abuse. Ask them to call the police if they hear angry or violent noises.
- If you have children, teach them how to dial 911. Make up a code word that you can use when you need help.
- How to get out of your home safely. Practice ways to get out.
- Safer places in your home where there are exits and no weapons. If you feel abuse is going to happen try to get your abuser to one of these safer places.
- Even if you do not plan to leave, think of where you could go. Try doing things that get you out of the house-taking out the trash, walking the pet or going to the store.
- Put together a bag of things you use. Hide it

Parts reprinted from Speak Out Against Domestic Violence: AVON Foundation Domestic Violence Resource Guide