

Name:

DOB:

MRN:

Private Pay:

Insurance:



Safe Haven Counseling, PLLC

Mental Health | Domestic Violence | Addictions | Grief | Career

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Domestic Violence Warning Signs

- ✚ You can assess the risk that your partner will become abusive to you, your children, your family members, your friends, or your pets.
- ✚ If you observe **3 or more of the following signs** within the first **3 months** of the relationship.
- ✚ The longer you stay, the more obvious & severe the signs may become & the harder it may become to leave.
- ✚ **WARNING:** Some of these signs may be masked behind pretenses of overbearing “Concern” (a.k.a. insecurity), extreme “Passion” (a.k.a. desperate need to control) or “Love” (a.k.a. co-dependence).
- ✚ **WARNING:** It takes on average **3 months** to begin to see the signs. Therefore, it is unsafe to commit to a serious relationship (i.e. sharing home keys; lend car; move in together; get pregnant...) before you have had the time to truly get to know your partner.

- Jealousy / Possessiveness Controlling Quick Involvement Social Isolation / Turning Loved Ones / Support Systems vs. You / You vs. Loved Ones / Support Systems
- Lying / Manipulation / Distortions of Reality / Gaslighting / Brainwashing Threat of Slander / Public Humiliation Dr. Jekyll & Mr. Hyde

- Judgmental / Lack of Empathy / Cruelty (i.e. toward you, your children, elderly, pets, vulnerable people...) Blames Others for Own Problems / Feelings Lack of Accountability / Responsibility (in your relationship problems) Rigid Gender Roles / Uncompromising Unrealistic Expectations

- Verbal Abuse (i.e. Name Calling; Condescending/Put Down...) Intimidation Threats of Physical Harm / Property Damage

- Use of Force during Arguments (i.e. Punching Walls; throwing objects...) Forced /Coerced Sex

- Hypersensitivity Trust Issues
 History of Childhood Abuse / Neglect

Client Signature:

Advocate: *Stephanie Gimenez* Date:



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