

### ***Breaking or Striking Objects***

- Used as punishment, breaks cherished possessions.
- May beat on tables with fist or throw objects at/around/or near you

### ***Any Force During an Argument***

- Physically restrains you from leaving the room, pushes or shoves you.

### ***What is Intimate Partner Violence?***

- Intimate partner violence is a pattern of abusive and controlling behaviors used by one person in an intimate relationship to control another, preventing them from doing what they wish or forcing them to behave in ways they do not want.
- Intimate partner violence may include physical abuse, emotional, psychological and verbal abuse, sexual abuse, financial and economic abuse, spiritual abuse or any combination of the foregoing. Both men and women can be victims.

### ***Mission Statement***

***Wild Iris, a community based non-profit agency, is committed to promoting, providing, and sustaining programs of education and prevention, crisis intervention, advocacy and support for those affected by domestic violence, child abuse and sexual assault.***

***Our vision is for non-violent relationships based on dignity, respect, compassion and equality.***



### ***Contact Us:***

**24-Hour Crisis Hotline:  
1-877-873-7384**

**Bishop: 760-873-6601  
Mammoth Lakes: 760-934-2491  
[www.wild-iris.org](http://www.wild-iris.org)**

**150 N. Main St.  
Mailing PO Box 697  
Bishop CA 93514**



## **Red Flags of an Abusive Relationship**



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***No One Deserves to be Abused***

**The following is a list of warning signs for potentially abusive relationships.**

***Jealousy***

- Wants to be with you constantly
- Accuses you of cheating all the time
- Follows you around or frequently calls during the day
- Odd behaviors like checking your car mileage or asking friends to check in on you

***Controlling Behavior***

- Pretends to be concerned for your safety or your productive use of time
- Acts like you do not have the ability to make good decisions
- Becomes extremely angry when you are late
- Constantly questions who you spend your time with, what you did/wore/said, and where you went
- Makes you ask permission to do certain things
- Punishes you for “bad behavior”

***Quick Involvement***

- 6 months or less before living together/engaged
- Claims of love at first sight
- Says you are the only one who can make her/him feel this way
- Pressure for commitment

***Unrealistic Expectations***

- Compliments you in a way that makes you seem superhuman
- Very dependent for all needs
- Expects you to be perfect
- Says things like, “I am all you need. You are all I need”

***Isolation***

- Tries to cut off all your resources
- Puts down everyone you know
- Friends are either stupid, slutty, or you are cheating with them
- Family is too controlling, don't really love you, or you are too dependent on them
- Refuse to let you use car or talk on the phone
- Makes it difficult for you to go to school or work
- Geographically isolates you - moves you to neighborhood or state where you don't know anyone

***Blames Others for Problems & Feelings***

- Problems are always someone else's fault
- You're at fault for everything that goes wrong in the relationship
- Makes you responsible for how they feel

***Dr. Jekyll & Mr. Hyde***

- Sudden mood changes-like they have two different personalities, one minute nice, next minute exploding

***Hypersensitivity***

- Easily insulted, sees everything as personal attacks
- Has a tantrum about the injustice of things that happen to them
- Totally goes off about small irritations, blows things out of proportion
- Looks for fights

***Disrespectful or Cruel to Others***

- Punishes animals/children cruelly, insensitive to pain and suffering
- High expectations of children beyond their abilities
- Doesn't treat other people with respect

***Playful Use of Force During Sex & Rigid Sex Roles***

- Little concern over whether you want sex or not, & uses sulking or anger to manipulate you into compliance
- Makes sexual or degrading jokes about you
- Unable to be a whole person without a relationship

***Past Battering***

- You may hear the person was abusive to someone else they were in a relationship with, they may deny saying it is a lie or their ex is crazy or it wasn't that bad