



COUNSELING AT DUPONT

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WHERE HEALING BEGINS

Is Your Partner Abusive?

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Every relationship is going to include arguments and moments of disagreement. But does your partner argue with you frequently? Do you find yourself walking on eggshells around your partner? Has he or she ever been violent toward you?

Here, courtesy of an article on *webmd.com*, * are “red flags” that indicate your partner may be abusive:

- ✦ Your partner “rushed” the relationship, wanting to have a close attachment quickly;
- ✦ Your partner tries to isolate you from family members and friends and always wants to know where you are going and with whom;
- ✦ Your partner is jealous and seems threatened by any time you spend with others;
- ✦ Your partner tries to control your money and to make you financially dependent on him or her;
- ✦ Your partner is verbally abusive, saying mean and hurtful things to you, and also tries to make every disagreement your fault;
- ✦ Your partner mistreats your property or abuses your pet;
- ✦ Your partner does not give you privacy, checking up on you by phone or following you when you are away from home;
- ✦ Your partner is addicted to alcohol or drugs and blames their behavior on their substance use;
- ✦ Your partner has a past history of violence.

If this description fits your partner, there is help available for you. Call the National Domestic Violence Hotline at 1-800-799-7233/1-800-787-3224 (TTY). Operators are available 24/7, and all phone calls are confidential.

* Bloomquist, Michele, “Domestic Abuse: Recognizing the Potential Abuser,” *webmd.com*

Counseling at Dupont offers quality, compassionate, and affordable individual, couples and group psychotherapy services in the heart of Dupont Circle. To make an initial consultation appointment or request more information, please call us at 202-734-3703.