

Are you or someone you care about experiencing domestic abuse? Domestic abuse can often begin with subtle, manipulative behaviours. Recognising the warning signs early can help protect yourself or loved ones.

At the start of a relationship, abusers often present as **charming, attentive and supportive**. They put on a façade; they don't show their real self until they have gained trust and love. The abuser's motive is to gain and maintain power and control.

It is important to speak to someone you trust, and access professional support when you feel able to.

If any of these behaviours are present in your relationship or you recognise these behaviours in a friend/family member or work colleagues relationship, it is likely you or they are experiencing domestic abuse.

Here are some **"red flags"** that may indicate an abusive relationship or one that could become abusive.



For more information
please visit:
www.domesticabuselincolnshire.com

Or scan the QR code:



RECOGNISING RED FLAGS: EARLY WARNING SIGNS OF DOMESTIC ABUSE



LINCOLNSHIRE
**DOMESTIC
ABUSE**
PARTNERSHIP

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Jealousy and Possessiveness - They want to be with you constantly, accuse you of cheating or flirting with others, and monitor your every move through calls, texts, apps or even trackers. This behaviour isn't motivated by care—it's about control.

Rushing the Relationship - They claim, "love at first sight" and pressure you for commitment quickly. They try to push the relationship forward at a pace that's uncomfortable for you, not allowing space for natural growth. This is known as love bombing.

Love Bombing - They can overwhelm you with excessive compliments, extravagant gifts or declarations of love early on. This intensity is meant to manipulate you and create dependency.

Repeated apologies - They will repeatedly apologise for their actions - saying they will never do it again, even beg for one more chance, time after time.

Isolation - They try to cut you off from family, friends, and other support networks, often framing it as concern for your well-being. They may make demeaning comments about the people close to you, such as "You don't need them now that you have me" or "I'm the only one who truly cares about you". This could potentially remove you from support your network or workplace.

Feeling Fearful or Walking on Eggshells - You may constantly feel anxious, and that you need to be careful not to upset them. This fear is a major indicator of emotional abuse.

Quick temper and aggressive behaviour - They get angry or show aggression quickly, this could be verbally or physically.

Pressure to have sex - They try to emotionally manipulate you into sex by sulking or getting angry when you refuse, making you feel that it's easier to do what they want. They might also make sexual or degrading comments that make you uncomfortable or ignore your right to consent to sexual activities.

Denial: often referred to as **gaslighting** - they deny the abuse ever happened or say that you caused them to behave in that way. They may state that you wound them up or that you have mental health issues and it's all in your head. To add to this, they may come across as a kind or nice person publicly which makes you doubt everything. They often will blame others for their behaviour, not taking any accountability.

Manipulative Phrases - They might say things like, "If you really loved me, you would..." to pressure you into doing things you're not comfortable with. Or state that they need you to help them change, or blame their behaviour on external factors like substances, mental health or previous relationships.



Boasting - If you become aware of any past actions of theirs, which may be classed as domestic abuse, they may minimise their past actions, blaming others, changing their story.

Substance misuse and mental health - Poor mental health or the use of drugs and alcohol can increase abusive behaviours, however, **they do not cause abuse**. The need for power and control is already an underlying need for the abuser, this is often used as a **scapegoat**.

Cruelty to animals - There is a lot of evidence regarding the links with animal abuse, child abuse and domestic abuse which could lead to murder. Abusers may exhibit cruelty toward animals or children and show a lack of remorse, this is a major red flag.

Disrespect your boundaries - They disregard your requests, privacy or belongings, not only does this show a lack of respect for you, but it shows the need for power and control, letting you know it's their way only.