How to Spot a Loser Lover

They come on strong and quickly.

Professions of love for you early in a relationship and wanting to know where you are at all times are signs of control issues and can be dangerous.

They are completely self-centered.

Partners who ignore your thoughts and opinions will resist equality in relationships.

They don't take responsibility for their behavior.

Partners who don't see their own errors and flaws will blame you for whatever goes wrong.

Their temper scares you.

Anger, jealousy, or controlling behavior isn't likely to change and will usually get more frightening or violent over time.

Their life hasn't jelled.

Chaotic financial problems, gambling, debts, drug or alcohol issues, or histories of losing jobs or having trouble with the law are all signs of risky partners.

They force you to have sex.

No one has the right to make you have sex—regardless of how long you've been together or if you've had sex before. Forced or coerced sexual contact is sexual assault and is illegal.

You feel that something is wrong.

If someone you're in an unhealthy relationship, you're probably right.

THE AURORA CENTER FOR ADVOCACY & EDUCATION

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FREE & CONFIDENTIAL SERVICES
VICTIMS/SURVIVORS/SUPPORTERS

- 24 HR. HELPLINE
- WALK-IN CRISIS COUNSELING
- WALK-IN COMPANION TO HOSPITAL
- POLICE REPORT ADVOCACY (I.E. RE-STRAINING ORDERS AND COURT AC-COMPANIMENT)
- SAFE HOUSING ADVOCACY
- SUPPORT GROUPS
- COMMUNITY RESOURCES & RE-FERRALS

24 hr. Helpline: 612-626-9111
Business Line: 612-626-2929
Abusive Relationships...

Non-Threatening Behavior
- Talk and act so that both partners feel safe and comfortable doing and saying things

Respect
- Listen to each other non-judgmentally
- Partners are emotionally affirming and understanding
- Value opinions
- Engage in consensual sexual activity

Trust and Support
- Support each other’s goals in life
- Respect each other’s right to have own feelings, friends, activities, and opinions

Honesty and Accountability
- Accept responsibility for self
- Acknowledge past use of violence
- Admit when wrong
- Communicate openly and truthfully

Responsible Parenting
- Share parental responsibilities
- Are a positive, non-violent role model for children

Shared Responsibility
- Mutually agree on a fair distribution of work
- Make family decisions together

Use Intimidation
- Incite fear by using looks, actions, and gestures
- Smash things
- Destroy property
- Abuse pets
- Display weapons

Use Emotional Abuse
- Put partner down
- Call partner names
- Make partner think they’re crazy
- Play mind games
- Humiliate partner
- Make partner feel guilty

Use Isolation
- Control what partner does and reads, who partner sees and talks to, and where partner goes
- Limits partner’s outside involvements
- Use jealousy to justify actions

Minimize, Deny, and Blame
- Make light of abuse and do not take partner’s concerns about it seriously
- Say the abuse didn’t happen
- Shift responsibility for abusive behavior
- Say partner caused the abuse

Use Children
- Make partner feel guilty about the children
- Use the children to relay messages
- Use visitation to harass partner
- Threaten to take the children away

Use Privilege & Power
- Treat partner like a servant
- Make all the big decisions
- Act like the “Master of the Castle”
- Is the one to define and enforce gender roles

Use Economic Abuse
- Prevent partner from getting or keeping a job
- Make partner ask for money
- Give partner an allowance
- Take partner’s money
- Deny partner knowledge about or access to family income

Adapted from Health Partners, Discover: “Here’s What Healthy and Abusive Relationships Look Like,” Summer 1996.

Healthy Relationships...

If you or someone you know has experienced an unhealthy or abusive relationship, stop by or call The Aurora Center.

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612-626-9111