

## Things To Watch For

- If she/he does not think that they are good enough for you.
- If she/he thinks that they are too good for you.
- She/he is constantly offering to 'take care' of you.
- Someone who always wants to do things their way.
- Someone who always wants to do things your way.
- Unwilling to talk things over that bug him/her or you.
- Attacks your behaviour or your personality.
- Makes all the plans and decisions without you.
- Expects you to give up your friends and family for him/her.
- Someone who constantly wants to be with you.
- Someone who belittles you, your talent/gifts, and the things that are important to you (in public or in private).
- Someone who constantly tells you what to do.
- Someone who constantly wants to know where you go, who you're with, how long you'll be gone, etc.
- Someone who needs to be in control all the time.
- When you are feeling good, he/she pulls you down, puts you down, in order to make you feel bad.
- If he/she does not have any friends.
- Someone who constantly blames others, does not take responsibility for their own actions.
- Someone who treats others like dirt.
- Someone who twists stories around.
- Someone who lies about who they are, what they do, etc.
- Someone who tries to avoid dealing with conflict at all costs.

## Things To Watch For continued

- Someone who uses silence as punishment.
- Someone who withholds sex as punishment.
- Someone who verbally attacks you then teases you when you show emotions.
- Someone who is inconsistent in all aspects of their lives.
- Someone who gets angry at little things, breaks things, etc.
- Someone who holds grudges against you and brings them up again and again.
- Someone who constantly nags and taunts you.
- Someone who does not trust you.
- Someone who displays jealousy or over jealous.
- Someone who is not comfortable with themselves.
- Someone who constantly abuses drugs/alcohol/solvents.
- Someone who does not take care of themselves or their belongings.
- Someone who has wild mood swings.
- Someone who is greedy or stingy.
- Someone who openly puts down members of the opposite sex.
- Someone who is trying to 'mould' you or make you into someone you are not.
- Someone who does not allow you to make your own choices (religion, faith, politics, etc).
- Someone who puts down former partners.
- Someone who does not allow you to have any money.
- Someone who is pushing for a commitment right away.
- Someone who is not able to ever make eye contact.