

FREE GUIDE

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# INTIMATE PARTNER HOMICIDE



## RED FLAGS

The more your partner or ex has,  
the more danger you're in.

## **THE MORE OF THESE THAT YOU RECOGNIZE, THE MORE DANGER YOU ARE IN!**

1. Do you feel like you might be in danger with him? (Trust your intuition!)
2. Was he abused or did he witness abuse as a child?
3. Does he believe that the rules/laws don't apply to him?
4. Does he believe he is smarter or more clever than most people?
5. Does he have a criminal record of violence towards people or destruction of property?
6. Does he have a drug or alcohol addiction?
7. Does he use drugs or alcohol to excuse violent behavior?
8. Is he controlling?
9. Does he disrespect boundaries – people's or places'?
10. Does he break things when he is angry?
11. Does he use intimidating behavior when he's angry (like slamming doors)?
12. Is he physically abusive towards you?
13. Does he minimize it (tells you it wasn't as bad as you say it was, etc.)?
14. Has he been violent towards animals or children?
15. Does he use threats to control you? (This could be threats to hurt you, your children, pets, or their self.)

## INTIMATE PARTNER HOMICIDE RED FLAGS CONTINUED

16. Did he want to get together, move in, get married, or have babies really fast?
17. Was he violent towards previous intimate partners?
18. Does he say things like "Till death do us part" or "Ride or die" in reference to your relationship?
19. Does he seem to get a lot of his identity from being with you?
20. Has he stalked you (himself or through other people)?
21. Does he believe that acts of violence done by other people are justified?
22. Does he blame others for everything (or doesn't want to take responsibility for anything or may even believe that the world is conspiring against him)?
23. Does he refuse to accept rejection?
24. Have you ever made plans in case you are murdered? (This can be as elaborate as funeral arrangements or as minor as writing a note. Maybe you took out life insurance. The point is, the danger is on your radar).

### What are my next steps?

If it looks like your life is likely in danger from your current partner, mentally take note of what resources and support you have and then contact the National Domestic Violence Hotline at [thehotline.org](http://thehotline.org) or 1-800-799-7233.

If it looks like your life might be in danger from an ex, please schedule a call with me [HERE](#) and we will see if I am able to help you.