

SOME CHARACTERISTICS OF A POTENTIAL BATTERER

1. S/he was abusive or exhibited characteristics of being a batterer in a former relationship.
2. S/he was physically or psychologically abused as a child.
3. Her/his mother was battered by her/his father. Her/his father was battered by her/his mother.
4. S/he loses her/his temper frequently and more easily than seems necessary.
5. S/he is easily frustrated and has an explosive temper.
6. S/he enters into secret states of depression (known only to family members).
7. S/he is very "now" oriented (s/he wants things done now).
8. S/he has very low self-esteem and may consider her/himself a failure in her/his career even if others view her/him as successful.
9. S/he makes frequent "promises" to change or improve in the future.
10. S/he will accept no blame or failures (marital, family related or job related).
11. S/he apparently feels no guilt even after realizing what s/he has done wrong.
12. S/he plays with guns and uses them to protect her/himself against other people.
13. S/he displays violence against other people, things or pets.
14. S/he becomes enraged when you do not listen to her/his advice.
15. S/he displays an unusual amount of jealousy when you are not with her/him.
16. S/he is jealous of significant other people in your life.
17. S/he expects you to spend all of your free time with her/him or to keep her/him informed of your whereabouts.
18. S/he accuses you of lying to her/him about where you have been, who you have been with and what you have been doing.
19. S/he is demanding and often times abusive during sexual activities, s/he at times punishes with refusal to make love and at times experiences an inability to perform sexually.
20. S/he exerts control over you by threatening murder and/or suicide.
21. S/he uses drugs or alcohol excessively.
22. There is a use of overkill in her/his cruelty or in her/his kindness.
23. S/he believes that her/his forcible behavior is "for the good of the family".
24. S/he has rigid ideas of what people should do that is determined by male or female sex-role stereotypes.
25. There may be an increase in her/his abusive behavior when you are pregnant (pregnancy often marks the first assault).
26. S/he is abusive to children.
27. S/he often complains about being sick.
28. S/he appears to have a dual personality.

Note: If you get a sense of fear when s/he gets angry with you, or if not making her/him angry is an important part of your behavior, then s/he may very well be a batterer.