

Contact Us

PLACE
STAMP
HERE

Family Crisis Center
of Walker, Dade, Ca-
toosa, & Chattooga
Counties, Inc.

Family Crisis Center

PO Box 252
LaFayette, GA 30728

24-hour Crisis Hotline
706-375-7180
1-800-334-2836

Fax 706-375-7177

visit our website
www.fccwdcc.org

Services include:

- ◇Emergency Shelter
- ◇24 hour crisis hotline
- ◇Legal advocacy
- ◇Outreach services
- ◇Advocacy
- ◇Prevention education
- ◇Community education

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PO Box 252 • LaFayette, GA 30728



Red
Flags



CFC# 49967

The Family Crisis Center recognizes that it is difficult to stop the cycle of abuse. That is why it is vitally important to begin each relationship with an open mind and open eyes.

The more you answer “yes” to the following list, the more likely you are involved with an abuser.

Quick Involvement

- Living together or engaged after just 6 months of seeing each other.
- Are told that you are the only one that can make him happy
- Pressures you for a commitment.

Unrealistic Expectations

- Compliments you in a way that makes you seem superhuman
- Too dependent on you for all his needs
- Expects you to be perfect
- Says he is all you need to be happy

Controlling Behavior

- Advises you on how to dress
- Pretends to be concerned for your safety in order to keep you near him
- Acts like you don't have the ability to make good decisions
- Becomes extremely worried or angry when you are late
- Questions who you spend your time with and wants details of what was said, where you went, etc
- Insist that you check in with him constantly
- Monitors your phone/email, text messages
- Makes you ask his permission to do certain things.

Jealousy

- Wants to be with you constantly even when you have other things to do like school or work
- Accuses you of cheating all the time
- Follows you around
- Calls you frequently throughout the day
- Checks your car mileage or GPS system
- Has friends check on you
- Calls you at work often
- Checks you phone

Isolation

- Puts down all your friends and/or family
- Tries to cut into or off your contact with others
- Accuses you of cheating while you are with family or friends
- Says your friends/family don't really love you or are trying to control you or they don't love you as much as he loves you
- Tell you family/friends don't have your best interest at heart, they are using you
- Refuses to let you use the car or phone without permission from him
- Makes it hard for you to go to work or school

Blames others for Problems

- Problems at work or school are always someone else's fault
- You are at fault for everything that goes wrong with the relationship
- “someone else” causes things to go wrong in his life

Blames others for Feelings

- You are responsible for how he feels
- You made me mad
- You are hurting me by not doing what I asked
- You make me happy

Hypersensitivity

- Easily insulted
- Everything is a personal attack on him
- Has tantrums about the injustices done to him
- Goes berserk about small irritations
- Looks for fights
- Blows things out of proportion

Disrespectful or Cruel to Others

- Punishes animals/children cruelly
- Insensitive to pain and suffering
- High expectation of children, beyond their abilities
- Teases children or younger sibling(s) until they cry
- Treats people with disrespect

Expects Control During Sex

- Little concern over whether you want sex or not
- Uses sulking or anger to manipulate you into compliance
- Makes sexual or degrading jokes about you

Rigid Sex Roles

- Believes women are inferior to men
- Unable to be a whole person without a relationship

Dr. Jekyll & Mr. Hyde

- Sudden mood changes
- Feel like you need to walk on egg shells

Past Battering

- Hear him brag about past harassment of ex
- Hear them deny past abuse by saying it was a lie or their ex was crazy

Breaking or Striking Objects

- Breaks cherished possessions
- Beats on table with hands
- Throws objects near/at/around you
- Strikes doors/walls near you

Any Force During An Argument

- Physically restrains you from leaving room
- Pushes or shoves you
- Chokes you