

## Warning Signs

Speaks disrespectfully about their past partner and about people generally. Blames others for everything that goes wrong. They are often sarcastic and critical of other people.

Still has unresolved matters with a previous partner. Blames the ex-partner and tends to be abusive/aggressive towards them?

How do they manage stressful situations? Do they get angry quickly and put it down to having a BAD temper?

Constantly contacts you. Always keeping track of you if they are not physically with you. Turns up unannounced. Gets very agitated and upset if you don't respond IMMEDIATELY to calls/mgs/emails.

Has a sense of entitlement. They seem to believe that they deserve special consideration and special treatment. They may cut in front of others waiting in line, smoke wherever they want, drive any way they want, say anything they like, and do pretty much anything they choose.

## Warning Signs

Gets very petty about how things SHOULD happen. They often focus on the negative aspects, even if it's a very small issue, they will make it a BIG problem.

Road rage may indicate how a person will flare into anger when they don't have control over a situation.

Very quickly professes LOVE at first sight. They say "you are ALL I need, you are the ONLY one that's ever made them feel this way". They give over the top compliments, pressure you to live together/get married straight away.

If in doubt seek some independent advice.

**Call Women's DV helpline  
(08) 92231188 or 1800007339**

Women's Council for Domestic and Family  
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# READY TO START DATING AGAIN AFTER BEING IN A RELATIONSHIP WITH AN ABUSIVE PERSON ?



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## Considering Dating Again?

Are you considering stepping into the dating scene again after recovering from a relationship with an abusive partner?

Maybe someone has been asking you out, or friends and family are telling you it is time to stop being alone.

Feeling nervous and worried about your safety (physical and emotional) is natural.

Past experiences will influence your decisions. . . . . taking things VERY slowly and cautiously is a good start.

Remember **IT'S OK TO BE SINGLE AND HAPPY.**

## Suggestions & Points to Consider

Try not to share too much about yourself too soon, especially your past experiences of abuse. You may be providing information that can be used against you in the future.

Hold off on introducing a new partner to your children/ close family members until you are really sure that this is a safe relationship and that this person is someone you are really sure you want to be with.

Insist that your social connections with your family and your friends including any male friends have a high priority in your life. Maintain these social connections for your own emotional safety.

Your new partner doesn't need to always socialize with you. Retain your independence.

Do the friends or family members of this new person recount stories of their acts of abuse or violence? Are they suggesting that maybe you have tamed them or changed them for the better.? Do not believe this.

Assume the new person is being on their **BEST** behaviour and this will **CHANGE.**



## Ensure Your Wellbeing & Safety

### If dating online always:

- meet in a public venue
- let someone know where you are going
- check in frequently with your friends or family via text message to let them know you are Ok.

### Test them out early on...

In the getting to know you phase:

- disagree with them about an attitude or belief they have
- insist on your choice of movie or restaurant. See how they respond, can they respectfully agree to disagree?

### Trust your gut instincts,

make it clear that you will not accept behaviours, attitudes and language that is disrespectful.

