

Signs of a Battering Personality

1. Excessive jealousy
2. Controlling behavior
3. Quick involvement
4. Unrealistic expectations
5. Isolation of the partner
6. Blames others for his problems
7. Blames others for his feelings
8. Hypersensitivity (easily insulted)
9. Cruelty to animals or children
10. "Playful" use of force in sex
11. Verbal abuse
12. Belief in rigid sex roles
13. Jekyll-and-Hyde personality (sudden mood changes)
14. Battering in previous relationships
15. Threats of violence
16. Breaking or striking objects
17. Any force during an argument

--from *When Violence Begins at Home* by K.J. Wilson
(Alameda, CA: Hunter House Publishing, 1997)