

Warning Signs of Abusive Relationships

In episode 7 of the Amazing Race, Jonathan and Victoria kept audiences appalled and, yet, interested in their relationship because of their horrible treatment of each other. Abusive tendencies occur between couples up to 75% of the time, in some cases.

As we look toward to Valentines Day, not all couples anticipate pleasure in each other's company. Many couples struggle with relationship issues and deal with abuse.

Warning signs:

- Extreme Jealousy
- Emotional withholding
- Lack of intimacy
- Raging
- Sexual Coercion
- Infidelity
- Verbal Abuse
- Threats
- Joking
- Lies
- Broken promises
- Physical Violence
- Power plays
- Control Games