

Appendix J

Clear Signs an Abuser Has Not Changed

- Says he can change only if she changes and “helps” him change
- Criticizes her for not realizing how much he’s changed
- Criticizes her for considering him capable of behaving abusively even though he’s done so in the past
- Reminds her of the bad things he would have done, but doesn’t anymore, amounting to a subtle threat
- Tells her she’s taking too long to make up her mind, pressuring her not to take the time she needs to assess his change
- Says he’s changing, but she doesn’t feel it

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