



Sexual Assault Response Services

of Southern Maine

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DANGER SIGNALS OF SEXUAL ASSAULT BY YOUR SPOUSE/PARTNER

Have you ever thought that your spouse/partner was getting a little too rough with you, that you might be in real danger? There are several ways to recognize the potential for abuse in another person. The key to a non-abusive relationship is an equal balance of love and respect between partners. The types of behavior listed below show a lack of both. Of course, these do not conclusively mean that your partner is going to assault you. These are simply signs to be wary of.

- Has your spouse/partner ever forced sex on you? If a spouse/partner has raped you or forced sexual acts on you in any way in the past, they may do it again. Have they shown themselves to be a person who does not care about your needs or desires, only theirs.
- Does your spouse/partner want you to perform sex acts you do not like? Are they particularly fond of violence in sex?
- Has your spouse/partner ever threatened you with violence, hit you, beat you, or raped you during an argument?
- Does your spouse/partner like to end fights by having sex, even if you are not in the mood? This tactic is not their way of making up, it is their way of winning the fight.
- Is your spouse/partner over possessive and/or extremely jealous? It may be flattering to be needed so much, but obsessive need is almost always unhealthy. Jealousy can sometimes flare into violence.
- Does your spouse/partner have temper tantrums? There are appropriate and inappropriate ways to express anger. Someone with such little control of themselves can potentially be dangerous.
- Are you afraid of your spouse/partner? If so, then ask yourself what this means for your future together?
- Does your spouse/partner bully you?
- Has your spouse/partner been violent towards other people they have been in relationships with?
- Does your spouse/partner drink too much and get violent? Drinking is associated with domestic violence, a drunk person is difficult to reason with and they may drink in order to abuse you.
- Does your spouse/partner attack other people physically?
- Has your spouse/partner ever hit or beaten you? Many people believe that once a commitment is made that people will change. This generally is not true. If they have assaulted you before, they will most likely hurt you again.
- Does your spouse/partner want to control your money? This is a serious factor, because the person who controls the money usually controls the relationship. It is difficult to be equal with someone if you are financially dependent on them.
- Does your spouse/partner like violent pornography?

Every human being has the right to their own body, whether they are married or in a long-term relationship or not. Living in a relationship where emotional, physical, and/or sexual abuse exists can be frightening and confusing. If you would like support and help sorting through your feelings please contact an advocate at 1-800-313-9900.

Help, Hope, and Healing