

## Characteristics of a Misogynist

Do any of these characteristics sound familiar? If you or someone you know has four or more of these characteristics, we encourage seeking help to deal with the issues that have created these characteristics. Behaviors don't come out of a vacuum, there are reasons (not excuses) for this behavior, and it can be dealt with.

- A Knight In Shining Armor, "I'll save you."
- Zeros in on a woman; he chooses her.
- Extremely possessive, always wanting to know where you are; who you're with.
- Obsessively jealous, even of your women friends.
- Has first class spending habits; always wanting more.
- Can't stand criticism; always on the defense.
- Exciting, fun, charismatic.
- A product of a dysfunctional family.
- Had a poor relationship with his mother. He had an abusive or passive father.
- Has a distorted view of reality.
- Uncomfortable with feelings; contemptuous of other's weaknesses.
- Has problems with authority figures.
- If you share a secret with him it may be used against you.
- Threats of withdrawal if you don't comply, "If you really loved me, you would..."
- Makes fun of you, calls you names and inflicts little digs; hostile humor.
- You feel awkward and incompetent around him; controlled.
- Embarrasses you in public or flatters you then cuts you down when alone.
- Is nasty behind the wheel and feels that others' mistakes are directed toward him.
- Wants or demands undivided attention; you are to be available when he wants you.
- Cruelty may be directed toward animals
- Has a dual personality (Jekyll/Hyde).
- Has grandiose behavior; is cocky, controlling, self-centered.
- Is preoccupied with sex and is sexually controlling.
- Is competitive; must always win; his way or no way at all.
- As a child, he enjoyed playing with fire; more than curiosity.
- Was or is involved in a violent sport. (What is he doing now?).
- Comes on too strong.
- Believes in the traditional stereotype role modeling and roles.
- Is an habitual liar; he twists facts to make it look as if he were the victim.
- Has extreme mood swings (extreme high to low).
- Takes no responsibility for anything; blames others/things/circumstances for his behavior.
- Treats you rough at times; twisting your arm, grabbing, shoving.
- Is nice to others, but treats you badly; shows no respect.
- Steals, uses people, cheats them out of their money; always borrowing, never pays back.
- Professes to be religious then attacks your religious beliefs.
- Gives gifts then demands favors.
- Makes jokes and puts women down in front of you then ridicules you for being upset.
- Encourages pity from others; convinces you to feel sorry for him for all he's had to endure.
- Constantly cuts down your family and friends; isolates you. You must account for your time.
- Very impatient and when he gets angry will destroy property; usually yours.
- Overly sensitive and sulks when he doesn't get his way.
- Tells you everything to do; what to do, how to do it, when to do it; what to wear

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(515) 554-1604**