

● Core High-Risk Psychological Indicators

High-risk behaviour profiles describe patterns of thinking, emotional regulation, and behaviour that significantly increase the likelihood of psychological harm, emotional abuse, coercive control, and physical violence within relationships.

These patterns are not personality flaws. They are deeply ingrained nervous system and psychological survival strategies — often rooted in trauma, attachment disturbance, or maladaptive control systems.

Understanding these profiles empowers: - Early recognition - Boundary protection - Abuse prevention - Trauma recovery

1 . Emotional Volatility & Rage Dysregulation

Key signs: Sudden anger, explosive reactions, disproportionate rage, rapid mood shifts, verbal aggression, intimidation
Psychology: Nervous system locked in threat mode, poor emotional regulation, low frustration tolerance, fear-based anger
Risk level: 🚨 Very High — Strong predictor of physical and emotional abuse.

2 . Coercive Control Patterns

Key signs: Monitoring behaviour, isolation tactics, micro-control of daily activities, rules & restrictive surveillance behaviours, dominance dynamics
Psychology: Insecurity masked as control, fear of abandonment, power-based relating, attachment disturbance
Risk level: 🚨 Extremely High — Primary driver of domestic abuse dynamics.

3 . Obsessive & Ritualistic Behaviours Linked to Anxiety or Paranoia

Key signs: Repetitive rituals, symbolic actions, superstitious behaviours, safety rituals, paranoid ideation, hypervigilance
Psychology: Chronic fear activation, compulsive attempts to create control, dysregulated threat perception
Risk level: ⚠️ Moderate → High — Escalates dramatically when paired with rage or control behaviours.

4 . Pathological Jealousy & Possessiveness

Key signs: Suspicion, accusations, monitoring communications, isolation from friends/family, extreme insecurity
Psychology: Attachment trauma, abandonment fear, control through surveillance
Risk level: 🚨 High — Strong predictor of escalating abuse and violence.

5 . Gaslighting & Psychological Manipulation

Key signs: Denying reality, blame shifting, distorting facts, minimising harm, rewriting history
Psychology: Power-based relating, ego defence, control through manipulation
Risk level: 🚨 Very High — Leads to severe psychological injury.

6 . Impulsivity & Poor Behavioural Control

Key signs: Reckless behaviour, poor frustration tolerance, rapid emotional reactions, difficulty delaying gratification **Psychology:** Prefrontal cortex under-regulation, emotional immaturity, low impulse inhibition **Risk level:** ⚠ Moderate → High — Especially dangerous when combined with anger and entitlement.

7 . Chronic Victim Identity & Externalised Blame

Key signs: Everyone is against them, never accountable, constant grievance narratives, persistent resentment **Psychology:** Shame avoidance, ego protection, emotional instability **Risk level:** ⚠ Moderate — Escalates when paired with entitlement and anger.

Most Dangerous Combination (Highest Risk Profile)

 Rage + Control + Obsessive Thinking + Predicts: Escalating violence, coercive control, severe emotional abuse, physical harm **Requires:** Professional intervention and protective distancing.

Neuroscience of High-Risk Behaviour

- Amygdala hyperactivation (fear + threat)
- Prefrontal cortex suppression (poor regulation)
- Dopamine imbalance (reward-seeking & impulsivity)
- Cortisol dysregulation (chronic stress)
- Autonomic nervous system instability **Outcome:** Reactive behaviour instead of reflective response.

Early Warning Signs in Dating & Relationships

- Intensity very early
- Emotional flooding
- Love-bombing
- Possessiveness
- Control disguised as care
- Rapid emotional dependence
- Jealousy framed as passion
- Boundary resistance

Trauma-Informed Safety Rule

- Confusion is a red flag
- Fear is a warning
- Walking on eggshells is danger

Healthy connection feels: Calm, clear, stable, predictable, respectful

Trauma-Informed Reframe for Survivors

- This does not mean you are weak, you caused it, you allowed it, or you failed
- It means your nervous system learned survival patterns under threat

- Healing restores choice

Healing After High-Risk Relationships

Focus on: - Nervous system regulation - Boundary rebuilding - Trauma processing - Attachment
Emotional safety restoration - Self-trust recovery

Final Words

High-risk behaviour patterns are predictable, recognisable, and preventable. **Availability creates:**
Protection, empowerment, freedom, healing.

If you have experienced emotionally or physically abusive relationships, trauma-informed therapy help restore safety, confidence, and nervous system balance.