

TOOL

AM I IN AN ABUSIVE RELATIONSHIP?

1. Do you feel anxious or nervous when you are around your partner?
2. Do you watch what you are doing in order to avoid making your partner angry or upset?
3. Do you feel obligated or coerced into having sex with your partner?
4. Are you afraid of voicing a different opinion than your partner?
5. Does your partner criticize you or embarrass you in front of others?
6. Does your partner check up on what you have been doing, and not believe your answers?
7. Is your partner jealous, such as accusing you of having affairs?
8. Does your partner tell you that he or she will stop beating you when you start behaving yourself?
9. Have you stopped seeing your friends or family because of your partner's behaviour?
10. Does your partner's behaviour make you feel as if you are wrong?
11. Does your partner threaten to harm you?
12. Do you try to please your partner rather than yourself in order to avoid being hurt?
13. Does your partner keep you from going out or doing things that you want to do?
14. Do you feel that nothing you do is ever good enough for your partner?
15. Does your partner say that if you try to leave him or her, you will never see your children again?
16. Does your partner say that if you try to leave, he or she will kill himself or herself or you?
17. Is there always an excuse for your partner's behaviour? ("The alcohol or drugs made me do it! My job is too stressful! If dinner was on time I wouldn't have hit you! I was just joking!")
18. Do you lie to your family, friends and doctor about your bruises, cuts and scratches?



HOW MANY OF THESE ABUSIVE THINGS HAS YOUR PARTNER DONE TO YOU?

- Has he ignored your feelings? Does he ridicule or insult women as a group?
- Has he ridiculed or insulted your most valued beliefs, your religion, race, heritage or class?
- Does he withhold approval, appreciation or affection as punishment?
- Has he continually criticized you? Called you names? Shouted at you?
- Does he humiliate you in private or public? Has he refused to socialize with you?
- Has he kept you from working? Controlled your money? Made all decisions? Has he refused to work or share money?
- Does he play mind games on you? Does he tell you you're crazy or sick?
- Has he taken car keys or money away from you?
- Does he threaten to leave you or tell you to leave? Has he manipulated you with lies and contradictions?
- Has he threatened to hurt you or your family? Has he abused, tortured, killed pets to hurt you?
- Does he harass you about affairs he imagines you are having? Does he say that he will kill or hurt himself if you break up with him?
- Has he destroyed furniture? Punched holes in walls? Broken appliances?
- Has he wielded a gun or weapons in a threatening way?
- Does he tell you that if you changed he wouldn't get angry with you? Does he have a short temper that escalates intensely if you oppose him?
- Does he make excuses for his abuse by saying it's because of alcohol, drugs or something you did?
- Does he always check up on you or question you about what you do when he is not around?
- Does his jealousy and control stop you from seeing friends or family? Does he prevent you from going out or doing things you want to do?
- How do you feel around your partner?
- Do you feel nervous around him?
- Do you have to be careful to control your behavior or what you say to avoid his anger/temper?
- Do you feel pressured by him when it comes to sex?
- Are you afraid of disagreeing with him?
- Does he make you feel ashamed, embarrassed or humiliated?
- Does he make you feel like you are wrong, stupid, crazy, worthless, or inadequate?
- Do you ever feel scared around him because of his violent or threatening behavior?
- Do you often do things to please him, rather than to please yourself?
- Do you feel that nothing is ever good enough for him?
- Feeling scared, humiliated, pressured or controlled is not the way you should feel in a relationship. If you have those feelings listen to them. They are telling you that something is very wrong with your relationship.

(From Heart-2-Heart, <http://www.heart-2-heart.ca/women/page1.html>)

