

Are You in an Abusive Relationship?

1. Are you always blamed whenever things go wrong?
Yes No
2. Do you feel you must ask permission to do things?
Yes No
3. Do you feel like your partner checks up on everything you do?
Yes No
4. Does your partner control all of your money?
Yes No
5. Is your partner jealous of the time you spend with your friends and/or family?
Yes No
6. Do you fear that you are doing the wrong thing all of the time?
Yes No
7. Are you forced to have sex even after you've said "no"?
Yes No
8. Are you put down, told you are no good and that no one else would want you?
Yes No
9. Does your partner get angry if you disagree with him/her?
Yes No
10. Are you kicked, shoved, punched, slapped, hit, strangled or hurt in other ways?
Yes No
11. Does your partner threaten to hurt you or your children?
Yes No
12. Do you live in fear?
Yes No

If you answered **"yes"** to:

1-3 questions: There are warnings signs present in your relationship. You may be heading towards abuse.

4-6 questions: Abuse is likely to happen or is already happening.

6 or more: Take a serious look at your relationship. A counselor who understands domestic violence can help you plan for safety and protection against further abuse.