

Can an Abusive Partner Change?

IS YOUR RELATIONSHIP REALLY BECOMING ABUSE-FREE? ANSWER YES OR NO TO THE FOLLOWING QUESTIONS TO FIND OUT. MAKE SURE TO CHECK THE BOX TO RECORD YOUR RESPONSES. AT THE END, YOU'LL FIND OUT HOW TO SCORE YOUR ANSWERS.

IS MY PARTNER:

	YES	NO
1. More receptive of my opinions and activities than they were in the past?	<input type="radio"/>	<input type="radio"/>
2. Open to talking about how their behaviors make me feel?	<input type="radio"/>	<input type="radio"/>
3. Openly seeking professional help because they really do want to change?	<input type="radio"/>	<input type="radio"/>
4. Accepting responsibility for their actions and acknowledging their behavior was unhealthy and unacceptable?	<input type="radio"/>	<input type="radio"/>

DOES MY PARTNER:

5. Get upset when I express a different opinion?	<input type="radio"/>	<input type="radio"/>
6. Have a possessive attitude towards me and my actions?	<input type="radio"/>	<input type="radio"/>
7. Act like the victim for having to change?	<input type="radio"/>	<input type="radio"/>
8. Believe that I owe him or her something for changing?	<input type="radio"/>	<input type="radio"/>
9. Blame me for our problems?10. Make excuses for abusive behavior, past and present?	<input type="radio"/>	<input type="radio"/>
11. Dismiss how much I was hurt by the abuse?	<input type="radio"/>	<input type="radio"/>
12. Use small signs of disrespect, like eye-rolling?	<input type="radio"/>	<input type="radio"/>
13. Hurt me physically, even if the violence doesn't seem like a big deal, like pulling hair?	<input type="radio"/>	<input type="radio"/>
14. Substitute violence with abusive language or emotional abuse?	<input type="radio"/>	<input type="radio"/>
15. Substitute physical violence with intimidation, like punching the wall beside me instead of punching me?	<input type="radio"/>	<input type="radio"/>
16. Use pressure and guilt when it comes to our sex life?	<input type="radio"/>	<input type="radio"/>
17. Fall back on abusive behavior when we have arguments?	<input type="radio"/>	<input type="radio"/>

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SCORING

GIVE YOURSELF 1 POINT FOR ANSWERING “YES” YOU ANSWERED TO NUMBERS 1-4;
AND 5 POINTS FOR EVERY “YES” RESPONSE TO NUMBERS 5-17.

NOW THAT YOU'RE FINISHED AND HAVE YOUR SCORE, THE NEXT STEP IS TO FIND OUT WHAT YOUR SCORE MEANS.
SIMPLY TAKE YOUR TOTAL SCORE AND SEE WHICH OF THE BOXES BELOW APPLIES TO YOU.

1-4pts

If you scored 1-4 points, you may be noticing some positive changes in your partner. Progress is a great thing. However, it is still a good idea to keep an eye out for any signs that abusive behaviors are returning, even small ones. If something doesn't feel right, don't ignore your intuition, it can be telling you something. And remember, even if your partner has made changes in their behaviour, you are never obligated to stay in the relationship. Remind yourself that you deserve to be safe and healthy, no matter what you choose.

5+pts

If you scored 5 or more points, your partner still has a lot of work to do. Even though your partner has agreed to change, they are still hurting you. You may want to seriously consider leaving the relationship and ending contact with them.

Remember, the most important thing is your safety. Whether you decide to leave or stay, have a safety plan ready to better protect yourself. And if you want more information about your options, start a chat with a peer advocate at loveisrespect.org.