

HOW DO YOU KNOW IF YOU ARE IN AN UNHEALTHY RELATIONSHIP?

How many of these behaviors have your date, partner, or spouse done to you? Place a checkmark on each of the following statements:

- Ridiculing you in front of other people or constant hurtful teasing
- Persistent criticism and focusing on your weaknesses or “defects”
- Using affection to reward you and or punish you by withdrawing affection
- Never wanting to socialize with your friends or family and not wanting to socialize with the people who are important to you
- Intimidation: even if they never lay a finger on you, an abuser can use their physical stance or expression
- Undercutting your achievements
- Insults and name calling, e.g., “using the c-word.”
- Screaming and yelling constantly to intimidate you
- Using something you told them in confidence against you
- Using the way you feel about them to control you
- Ignored your feelings
- Ridiculed or insulted women as a group
- Ridiculed or insulted your most valued beliefs, your religion or spiritual beliefs, race, heritage or class
- Withheld approval, appreciation, or affection as punishment
- Insulted or drove away your friends or family
- Humiliated you in public or in private
- Refused to socialize with you
- Kept you from working, controlled your money, made all the decisions
- Took car keys or money away
- Regularly threatened to leave or told you to leave
- Threatened to hurt you or your family or pet
- Threatened to kidnap the children if you left him/her
- Abused pets to hurt you or teach you a lesson
- Told you about his/her affairs to make you jealous
- Harassed you about affairs he/she imagined you were having
- Manipulated you with lies and contradictions
- Asked you to pack the shopping cart a certain way, wear clothes a certain way, wash in the shower in a certain order, use the toothpaste in a certain way, or any other similar commands
- Installed cameras at home or GPS on your phone to track your whereabouts
- Pushed or shoved you or played rough with you to the point of hurting you physically
- Held you to keep you from leaving
- Slapped or bit you
- Kicked or choked you

- Hit or punched you
- After hurting you, he or she says, "You made me do that... it's your fault..."
- Thrown objects at you
- Locked you out of the house or car
- Locked you in the house or room
- Abandoned you in dangerous places
- Refused to help or take you to the hospital when you were sick, injured, or pregnant
- Subjected you to reckless driving
- Forced you off the road or kept you from driving
- Forced you to have sex without your consent
- Threatened to hurt you with a weapon
- Cried in front of the children to make them aware that you are responsible for his/her pain
- Took things away from you, your job, your friends, your family, your plans for the future

IF YOU CHECKED ONE TO FOUR BOXES ABOVE, YOU ARE LIKELY VULNERABLE TO BEING A VICTIM OF PARTNER/SPOUSAL COERCIVE CONTROL

IF YOU CHECKED FIVE TO SEVEN BOXES ABOVE = YOU ARE MOST LIKELY VULNERABLE TO BEING A VICTIM OF PARTNER/SPOUSAL EMOTIONAL ABUSE

IF YOU CHECKED MORE THAN EIGHT BOXES ABOVE = MOST LIKELY YOU ARE VULNERABLE TO BEING A VICTIM OF DOMESTIC VIOLENCE

Be concerned if your date, partner, or spouse:

- Isolates you from your friends or acquaintances
- Restricts your social life
- Is jealous of you most of the time
- Is constantly checking your whereabouts
- Blames others for his/her behavior
- Makes you feel dependent on him for financial support, becomes your protector or teacher
- All they do is justify, "You deserved it, you asked for it."
- Makes decisions for you
- Threatens and gives you ultimatums, "just go and live your life..."
- Shame you, "You were nothing before you came into my life; you have value because of me."
- Minimizes the reality or gaslights you, "I never said that. You made it up in your head."
- Defends itself by saying that you are being disrespectful.
- Makes you easily doubt yourself
- makes you look before others that, "you're the crazy one."

Be concerned if you find yourself:

- Backing down from an argument because you fear his/her anger
- Apologizing for your partner's/spouse's behavior when you are treated badly
- Justifying your partner/spouse's behavior: "I would rather put up with his/her beatings than for me to be alone and away from him/her."

- Becoming obedient, compliant, and submissive to this person
- Become mindful of others rather than yourself
- Become too patient and tolerant towards their behaviors
- Overly accommodating to avoid their anger or confrontations
- Keeps quiet, put things under the rug
- Avoids sharing information, your emotions, your needs, and hiding information to avoid conflict
- Become ambivalent, not sure what to do, minimizing that all is fine and will be fine in the relationship
- Feel pity for your partner if you leave because they may suffer, may go back to drinking drugs, or kill themselves
- Having trouble reaching out or asking for professional help
- Becoming fearful for your kids, pets, family, or your safety if you leave
- Feeling responsible for anything that happens in the family
- You become so grateful when they treat you well again
- Feel broken and don't know where to go

You have the right to:

- ✓ Say NO!
- ✓ Say Enough!
- ✓ Be safe
- ✓ Be heard
- ✓ Have your limits and boundaries respected
- ✓ Have your values respected
- ✓ Have your feelings and express them freely
- ✓ Know you are NOT his or her property
- ✓ Know and accept you are NEVER going to fix him or her
- ✓ Know you are not responsible for how they feel

You have the responsibility to:

- ✓ Determine your values and limits, set boundaries
- ✓ Respect the limits, boundaries, and values of others
- ✓ Communicate clearly and honestly
- ✓ Ask for help –
- ✓ Call 1-800-799-SAFE (7233)