



Who is a Battered Woman?

She can be any woman. Domestic Violence occurs at all income levels, to all ages, all education levels and to married and single people. It can happen to you, your relatives, and your friends.

Who is to Blame for the abuse?

The batterer is always responsible for their actions. A batterer's own attitudes and behavior cause him to be controlling and violent. Is the use of chemicals or alcohol to blame for the abuse?

The use of chemicals does not cause domestic violence. Violence can be more severe when there are chemicals or alcohol involved but the violence would occur regardless of the use of chemicals or alcohol.

There is help and support available for victims of domestic violence. Call our agency to get more information about domestic violence so that you can make informed decisions, to plan for your safety, and to find out the options that are available to you.



Does the person you love....?

Answer each of these questions with one of the four responses:

3 = Frequently 2 = Sometimes 1 = Rarely 0 = Never

- _____ "Track" all of your time?
- _____ sulk or refuse to talk?
- _____ scream, insult, or swear at you?
- _____ Is he/she ever rude to your friends?
- _____ Make you feel like you are "walking on egg shells" when he/she is around?
- _____ Criticize such things as your cooking, clothes, or appearance?
- _____ Have moods that change radically, from very calm to very angry?
- _____ Constantly accuse you of being unfaithful?
- _____ Prevent you from leaving or seeing certain people?
- _____ Discourage your relationships with family and friends?
- _____ Prevent you from working or attending school?
- _____ Blame you for everything that goes wrong?
- _____ Control all money and force you to account for the money you spend?
- _____ Humiliate you in front of others?
- _____ Destroy personal property or sentimental items?
- _____ Threaten to hit or throw something at you?
- _____ Throw, hit, or kick something?
- _____ Threaten to hurt you or your children?
- _____ Hit, punch, slap, kick, or bite you or your children?
- _____ Use or threaten to use a weapon against you?
- _____ Drive recklessly to frighten you?
- _____ Push, carry, restrain, grab, or shove you?
- _____ Bite or scratch you?
- _____ Spit at you?
- _____ Have a criminal record for being violent with others?
- _____ Force you to have sex against your will?

Do you see more 3's, 2's, and 1's than you are comfortable with? If you find yourself questioning whether or not you are in an unhealthy relationship, now is the time to stop by or call DCTS for more information and options.