

Does He...

- Constantly criticize your appearance?
- Tape record your conversations or keep a calendar of your “sins” to use against you later?
- Give you that certain “look” that instills fear?
- Belittle your accomplishments?
- Constantly contradict himself to confuse you?
- Isolate you from friends or family?
- Make you feel you are the one who is crazy?
- Use intimidation to get what he wants?
- Make you believe you can’t exist without him?
- Escalate his anger into physical violence?



Does He ...

- Refuse to believe he has hurt you, refuse to get medical treatment for your injuries, or demand that you lie to the doctor about your injuries?
- Promise to change, but refuse to see a counselor?
- Bring you flowers and gifts after a violent episode, and promise never to do it again?
- Act insanely jealous and accuse you of cheating on him with any man you speak to or act friendly with?
- Physically and emotionally withdraw, and consistently give you the silent treatment?
- Keep you from using the phone or leaving the house?

If you have said “yes” to many of the above questions, you have identified an abusive relationship and need to seek help *immediately*. Do not let fear immobilize you so much that you fail to take action.

Don’t ever forget that you have a choice!

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Are You In An Abusive Relationship?



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Do you . . .

- Believe you are to blame for your partner's abusive behavior?
- Feel if you could just change yourself in some way he would not treat you badly?
- Walk on eggshells to keep from making him angry?
- Do what he wants out of fear that he will hurt you or leave you?
- Stay with him because you are afraid he might hurt you if you leave, he might hurt himself, or he might take the children?
- Feel like a non-person with no rights to your feelings or thoughts?
- Lie to family and friends about your situation, or try to protect the abuser from being found out?
- Hide your injuries by wearing long sleeves, dark glasses, and scarves?



Does He . . .

consistently and habitually

- Act one way in public and another way at home (Jekyll/Hyde)?
- Criticize you for little things and call you names?
- Become angry easily?
- Constantly accuse you of being unfaithful?
- Keep track of all your time?
- Discourage your friendships with family and friends?
- Prevent you from working or attending school?
- Control all the family finances and force you to beg for spending money, then demand an accounting for all you spend?
- Humiliate you in front of others?
- Destroy personal property or sentimental items?
- Hit, punch, slap, kick, pinch, or



bite you or the children?

- Use or threaten to use a weapon against you?
- Force you to have sex against your will?
- Blame you for anything that goes wrong?
- Disregard your feelings and distort what you say?
- Accuse you of actions and emotions which he has actually exhibited?
- Undermine your role as a parent in front of your children?
- Minimize your perceptions and force his opinions on you?
- Demand that you keep your mouth shut about family business?
- Lie to friends, pastor, and counselors about your situation?
- Threaten to turn the children against you or gain custody?
- Coerce you to do something illegal or questionable?
- Punch holes in the walls with his fist or your head?

