



Signs of An Abusive Relationship

There are many signs of an abusive relationship. The most telling sign is fear of your partner. If you feel like you have to walk on eggshells around your partner—constantly watching what you say and do in order to avoid a blow-up—chances are your relationship is unhealthy and abusive. Other signs that you may be in an abusive relationship include a partner who belittles you or tries to control you, and feelings of self-loathing, helplessness, and desperation. To determine whether your relationship is abusive, answer the questions below. The more “yes” answers, the more likely it is that you’re in an abusive relationship.

SIGNS THAT YOU’RE IN AN ABUSIVE RELATIONSHIP

Your Inner Thoughts and Feelings

Do you:

- Feel afraid of your partner much of the time?
- Avoid certain topics out of fear of angering your partner?
- Feel that you can’t do anything right for your partner?
- Believe that you deserve to be hurt or mistreated?
- Wonder if you’re the one who is crazy?
- Feel emotionally numb or helpless?

Your Partner’s Violent Behavior or Threats

Does your partner:

- Have a bad and unpredictable temper?
- Hurt you, or threaten to hurt or kill you?
- Threaten to take your children away or harm them?
- Threaten to commit suicide if you leave?
- Force you to have sex?
- Destroy your belongings?

Your Partner’s Belittling Behavior

Does your partner:

- Humiliate or yell at you?
- Criticize you and put you down?
- Treat you so badly that you’re embarrassed for your friends or family to see?
- Ignore or put down your opinions or accomplishments?
- Blame you for their own abusive behavior?
- See you as property or a sex object, rather than as a person?

Your Partner’s Controlling Behavior

Does your partner:

- Act excessively jealous and possessive?
- Control where you go or what you do?
- Keep you from seeing your friends or family?
- Limit your access to money, the phone, or the car?
- Constantly check up on you?

Know
Needs
Options
Warnings
Learn
Explore
Danger
Grieve
Empower

Information Taken from:

Smith, M., & Segal, J. (2011, June). *Domestic violence and abuse*. Retrieved from http://helpguide.org/mental/domestic_violence_abuse_ty