

15 Questions to Identify Abuse

1. Has your partner ever hit, slapped, kicked or punched you or another?
2. Has your partner ever thrown anything at you or another in anger?
3. Does your partner control what you do or whom you see?
4. Is your partner overly jealous?
5. Does your partner have a Jekyll and Hyde personality?
6. Can your partner express thoughts or feelings clearly or allow you to express your feelings freely?
7. Does your partner get violent when drinking?
8. Is your partner able to empathize?
9. Does your partner call you names or put you down making you ashamed of whom you are?
10. Does your partner fail to respect you or others when you say "no?"
11. Has your partner ever forced you to have sex?
12. Does your partner have a quick temper that frightens you?
13. How does your partner react to your success?
14. Does your partner stalk or secretly follow you?
15. Does your partner try to isolate you from your friends and family?

If you answer 'yes' to one or more these questions you should speak to someone, in confidence, at the National Domestic Violence Hotline at 1-800-799-SAFE (7233).

Reach out; help is available.

