

ARE YOU IN AN ABUSIVE RELATIONSHIP?

The following are some of the ways a partner may try to gain power and control in a relationship. These behaviors can be predictive of partner violence. These behaviors in a relationship can be a cause for concern.

cut off from others.

Does your partner:

- › Check up on you to make sure you are where you said you'd be?
- › Tell you that you can't go out with friends or family?
- › Accuse you of cheating when you are out with friends, coworkers or family?
- › Attempt to monitor your phone calls and email?
- › Only want you to talk to certain people?

Emotional abuse

A partner who emotionally abuses you is trying to make you feel bad about yourself and unworthy of good treatment or attention.

Does your partner:

- › Call you names or embarrass you in front of your friends, coworkers or family?
- › Put down your accomplishments?
- › Tell you that you're crazy when you express your feelings?
- › Call you fat, ugly, stupid, worthless or other demeaning names?

- › Destroy your or your children's personal belongings?
- › Make you scared by giving you certain looks?

Physical abuse and threats

A partner may use physical abuse to scare you if you do something that makes them mad. He o 1 does

Does your partner:

- › Hit, push, bite, choke or grab you? Studies have found that women who have been strangled by their partner are seven times more likely to be killed by them (Floyd, 2016).
- › Threaten to commit suicide if you leave?
- › Force or pressure you to do sexual acts that make you feel uncomfortable or unsafe?
- › Make you feel there is no way out of the relationship?



Economic abuse

A partner may use money to keep you under their control. It can be hard for people to leave a violent partner if they have no source of their own income. Sometimes the thought of not having any financial support is more terrifying than the abuse itself.

Does your partner:

› Give you an allowance or make you ask for money?

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