

ABUSE CHECKLIST

Look over the following questions. Think about how you are treated and how you treat your partner. Remember, when one person scares, hurts, or continually puts down the other person, it's abuse.

Does your partner...		Often	Sometimes	Rarely	Never
1	have control over the money and monitor your spending?				
2	go through your purse, wallet, or open your mail?				
3	make negative remarks about the way you look or dress or negatively compare you to others?				
4	use things against you that you've confided to him/her in the past?				
5	embarrass or make fun of you in front of your friends or family in order to sabotage pleasant social events?				
6	sabotage your schedule and outside commitments to keep you from doing things you want?				
7	call several times a night or show up to make sure you are where you said you would be?				
8	accuse you of cheating when you leave the house to do errands, etc.?				
9	put down your goals and accomplishments or make your activities and interests seem unimportant or trivial?				
10	make you feel like you are unable to make decisions?				
11	tell you that you are nothing without him/her and no one else would ever want you?				
12	use intimidation or threats to gain compliance?				
13	threaten to harm you, him/herself, or the children if you leave?				
14	keep you from leaving after a fight, or leave you somewhere to "teach you a lesson?"				
15	treat you roughly (grab, push, pinch, shove, or hit you)?				
16	threaten or abuse your pets?				
17	try to turn the children against you?				
18	blame you for how he/she feels or acts?				
19	use drugs or alcohol as an excuse for saying hurtful or abusing you?				

Do you...		Often	Sometimes	Rarely	Never
20	always do what your partner wants you to do instead of what you want?				
22	have to get permission to socialize with your friends?				
22	become fearful if you are going to return home later than scheduled?				
23	sometimes feel scared of how your partner will act?				
24	try not to do anything (including avoiding certain topics) that would cause conflict or make your partner angry?				
25	get nervous about being on the phone when he/she is around?				
26	feel like no matter what you do, your partner is never happy with you?				
27	feel like you have more of a parent than a partner?				
28	believe that you can help your partner change if only you changed something in yourself?				
29	constantly make excuses to other people for your partner's behavior?				
30	get the "silent treatment" when you want to talk or work things out?				
31	feel manipulated by acts kindness or gifts from your partner?				
32	feel obligated to be intimate or sexual with your partner?				
33	feel like there is "no way out" and stay because you are afraid of what your partner would do if you broke up?				

If you have checked even one, you may be in an abusive relationship.

Checklist compiled from:

Journey Beyond Abuse by the Amherst H. Wilder Foundation (Copyright 1997)

Every Home a Safe Home by the National Coalition Against Domestic Violence and Soroptimist International of Americas