



# Signs of an abusive relationship

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## Your inner thoughts and feelings

Do you:

- Feel afraid of your partner most 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 belittling behaviour

Does your partner:

- Humiliate, criticise, or yell at you?
- 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 his own abusive behaviour?
- See you as property or a sex object, rather than as a person?

## Your partner's violent behaviour 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 controlling behaviour

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?



Member of the Global Group