



Am I in a Battering Relationship

YES – you may be a batterer if you:

- Are very jealous
- Sulk silently when upset
- Have an explosive temper
- Criticize and put down your partner a lot
- Have difficulty expressing feelings
- Drink heavily or use drugs
- Believe that it is the male/female role to be in charge and/or have contempt for women/men
- Are protective of your partner to the point of being controlling of your partner's behavior, money, and/or decisions
- Have broken things, thrown things at your partner, hit, shoved, or kicked your partner when angry
- Were physically or emotionally abused by a parent
- Have a father or mother who abuses (or abused) his/her spouse

YES – you may be battered if you:

- Are frightened by your partner's temper
- Are often compliant because you're afraid to hurt your partner's feelings or are afraid of your partner's anger
- Have the urge to "rescue" your partner when or because your partner is troubled
- Find yourself apologizing to yourself or to others for your partner's behavior when you're treated badly
- Have been hit, kicked, shoved, or had things thrown at you by your partner when jealous or angry
- Make decisions about activities and friends according to what your partner wants or how your partner will react
- Drink or use drugs to numb the feelings that occur after being abused
- (for some people) have been abused as a child or seen your mother or father abused

ARE YOU A VICTIM OF ABUSE?

Physical

Does your partner....

- Push or shove you?
- Hold you to keep you from leaving?
- Slap or bite you?
- Kick or choke you?
- Hit or punch you?
- Lock you out of the house?
- Abandon you in dangerous places?
- Refuse you help when you are sick?
- Subject you to reckless driving?
- Force you to have sex even when you say no?
- Threaten you or hurt you with a weapon?



Are You a Victim of Abuse

Physical (continued)...

Do you...

- Feel fearful of being assaulted?
- Wonder if it will be worse next time?

Emotional

- Ignore your feelings?
- Ridicule or insult your gender as a group?
- Ridicule or insult your most valued beliefs, your religion, race, heritage or class?
- Withhold approval, appreciation or affection as punishment?
- Continually criticize you, call you names?
- Shout at you?
- Insult your family or friends?
- Humiliate you in private or public?
- Make all decisions for you?
- Control your actions?
- Threaten to hurt you?
- Tell you about his/her other romantic involvements?
- Act jealous and harassing about imagined romantic involvement between you and others?
- Manipulate you with lies and contradictions?
- Isolate you from friends and/or family?
- Blame you for everything?

Do you...

- Ever doubt your own judgment?
- Express your opinion less and less?
- Develop fears of doing the "wrong" thing?
- See others less and less frequently?
- Feel less confident about your abilities?
- Become depressed?

Financial

Does your partner...

- Deny you access to money?
- Force you to work, or refuse to let you work?
- Sabotage your reputation at work/school?
- Run up debts in your name?

Financial (continued) ...

Do you...

- Feel financially dependent on your partner?
- Feel unable to protect yourself financially?

Sexual

Does your partner...

- Tell jokes or make demeaning remarks about your sex life?
- Treat you as a sex object?
- Get jealously angry, saying you would be sexually active with any available person?
- Insist you dress in more sexual ways than you want to? Or insist that your attire is too revealing?
- Minimize the importance of your feelings about sex?
- Criticize you sexually?
- Insist on unwanted and uncomfortable touching?
- Withhold sex and affection?
- Call you sexual names like "whore" or "frigid"?
- Force you to take your clothes off when you don't want to?
- Publicly show sexual interest in others?
- Go out with others after agreeing to a monogamous relationship?
- Force particular unwanted sex acts?

Do you...

- Feel less physically attractive than you did before?
- Feel sexually ashamed or humiliated or believe no one else would want you sexually?