Are You Being Abused?

Look over the following questions. Think about how you are being 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…**
- _Embarrass or make fun of you in front of your friends or family?_
- _Put down your accomplishments or goals?_
- _Make you feel like you are unable to make decisions?_
- _Use intimidation or threats to gain compliance?_
- _Tell you that you are nothing without them?_
- _Treat you roughly – grab, push, pinch, shove or hit you?_
- _Call you several times a night or show up to make sure you are where you said you would be?_
- _Use drugs or alcohol as an excuse for saying hurtful things or abusing you?_
- _Blame you for how they feel or act?_
- _Pressure you sexually for things you aren’t ready for?_
- _Make you feel like there “is no way out” of the relationship?_
- _Prevent you from doing things you want – like spending time with your friends or family?_
- _Try to keep you from leaving after a fight or leave you somewhere after a fight to “teach you a lesson”?_

**Do you…**
- _Sometimes feel scared of how your partner will act?_
- _Constantly make excuses to other people for your partner’s behavior?_
- _Believe that you can help your partner change if only you changed something about yourself?_
- _Try not to do anything that would cause conflict or make your partner angry?_
- _Always do what your partner wants you to do instead of what you want?_
- _Stay with your partner because you are afraid of what your partner would do if you broke up?_

If any of these are happening in your relationship, talk to someone. Without some help, the abuse will continue.

These questions were provided by the [National Coalition Against Domestic Violence](https://www.ncadv.org).