

Domestic Violence Information and Resources

ARE YOU IN AN ABUSIVE RELATIONSHIP ?

Read through the following list and if you answer **YES to any of them**, you should seek out help from a qualified counselor, minister, priest or other professional that can help you.

Do you:

Always do what your partner wants to do, instead of what you want?

Stay with your partner because you are afraid of what your partner might do if you broke up?

Feel like no matter what you do or say, your partner is never happy with you?

Try not to do things that would cause a conflict or make your partner angry with you?

Believe that you can help your partner change how they are, if only you changed something about yourself?

Constantly make excuses to others for things your partner does or for their behavior?

Sometimes feel scared of how your partner will act?

Does your Partner:

Blame you for how HE or She acts ?

Check up on your whereabouts a lot?

Put down your accomplishments or downplay your goals?

Embarrass you or make fun of you in front of friends, family or the public?

Make you feel like you are not capable or able to make decisions?

Use threats or intimidation to get you to do what they want you to do?

Tell you that you are nothing without them in your life?

Treat you roughly - - grab you, push or shove you, or hit you?

Use drugs, alcohol or both as an excuse for saying or doing hurtful things to you, or to abuse you physically or emotionally?

Pressure you to do sexual things that you do not want to do, or that you are not ready for?

Make you feel trapped, or like there is no way out of the relationship?

Do things to prevent or influence you from doing things that you want to do, or like to do, like spending time with family, friends, or with hobbies?

Try to keep you from leaving after a fight or argument, or leave you stranded after a fight to "teach you a lesson"?

If you answered YES to anything listed above, you may be in an abusive relationship, and most likely are. If you found yourself answering YES to more than one of the above, you definitely need to seek out help and counseling. Contact your local minister or priest, the local family counseling center, your doctor or the County health department for referral to someone that can help you assess your situation and possible solutions.