

Safety Test

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 is 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?

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

___ 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 you answered YES to any of the questions above, you may be under more stress and risk than you know. If you are pregnant, your risk is increased.

- Violent abusers rarely get better. It is not something you can fix!
- Emotional abuse may be an early sign of future physical abuse. Discuss this with a professional.
- Violence usually increases over time and spread to the children, it always affects them.
- Excess anger and abuse is a choice and a habit that is difficult to change. It is NOT your fault.
- You should learn about and do safety planning whether you have needed it in the past or not.