

Warning Signs

Ask yourself these 20 questions ...

- 1 — Are you frightened by your partner's temper?
- 2 — Are you afraid to disagree with your partner?
- 3 — Are you constantly apologising for your partner's behaviour?
- 4 — Do you have to justify every place you go, everything you do, or every person you see just to avoid your partner's anger?
- 5 — Does your partner constantly put you down and then tell you that he or she loves you?
- 6 — Have you ever been hit, kicked, shoved or had things thrown at you?
- 7 — Do you not see family or friends or do things just because of your own partner's jealousy?
- 8 — Have you been forced into having sex when you didn't want to?
- 9 — Are you afraid to break up because your partner has threatened to hurt you or himself / herself?
- 10 — Does your partner try to embarrass you in private or public?
- 11 — Has your partner insisted on touching you when you don't feel comfortable about it?
- 12 — Has your partner called you degrading names?
- 13 — Does your partner often yell at you?
- 14 — Does your partner make fun of you or call you names if you don't want to have sex?
- 15 — Does your partner become angry if you don't do as he/she says?
- 16 — Does your partner expect you to always tell them of your whereabouts?
- 17 — Does your partner tell you how to dress, how to wear your hair or make-up?
- 18 — Does your partner follow you?
- 19 — Are they watching to see where you are, what you are doing, who you are talking to?
- 20 — Does your partner make all the decisions in the relationship?

If you answered 'yes' to one or more of the above questions, this is a sign that there is abuse in your relationship or that abusive / destructive patterns are starting to develop.

