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, text, or email you several times a day 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 don't want to do?
○ 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?

CHECKLIST (provided by the National Coalition Against Domestic Violence)