

### **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?