

## Relationship Self-Check Questionnaire

An honest answer to the below questions can help you determine if you are in a Domestic Violence relationship.

### Does Your Partner –

- Embarrass or make fun of you in front of friends and family, or in private?
- Belittle you or tell you that you are stupid or incapable of doing things?
- Use drugs or alcohol as an excuse for saying hurtful things or for abusing you?
- Threaten to hurt you, your children, pets, family members, friends or themselves?
- Make you have sex or do things sexually that you don't want to do?
- Interrogate you intensely about whom you talked to and where you were; control all the money; insist you ask permission to go anywhere or do anything?
- Treat you roughly – punch, shove, slap, bite, kick, choke or hit you; destroy personal property or throw things around?
- Blame you for how they feel or act?

### Do You –

- Become quiet when your partner is around and feel afraid of making him/her angry?
- Often 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?
- Feel like no matter what you do, your partner is never happy with you?
- Stay with your partner because you are afraid of what your partner would do if you broke up?
- Reduce the time you spend with your friends and family members because your partner doesn't like you to see them?
- Feel that you are becoming more and more isolated?
- Find yourself explaining bruises to family or friends?

If you answered “Yes” to any of the above questions, you may be in an abusive relationship.