



## **Am I in an Abusive Relationship?**

You may be in an abusive relationship if your partner:

- Puts you down when you are feeling good about yourself.
- Is aggressive, distrustful, or mean toward people of your gender.
- Does not listen to you or ignores you.
- Refuses to talk about or listen to your concerns.
- Attacks any part of who you are (beliefs, values, interests, or personality).
- Tries to embarrass you in front of others.
- Disrespects, insults, humiliates, or demeans you in any way.
- Questions where you're going, with whom, and how long you'll be gone.
- Tries to tell you who you can and cannot spend time with (including friends, family, and co-workers).
- Tries to control what you do, what you wear, who you see, or how you act.
- Is jealous and suspicious.
- Does not have close friends of their own.
- Does not take responsibility for their own life and actions, often blaming others (including you) when things go wrong.
- Does not respect your boundaries and personal space.
- Attempts to guilt you into having sex.
- Forces you to do sex acts you do not want to do.
- Tries to scare you by doing dangerous things (such as driving too fast).
- Becomes angry or violent when using alcohol or drugs.
- Threatens you, your friends, family, or pets.
- Threatens to kill themselves if you do not do what they want or if you leave them.
- Has ever hit, pushed, kicked, slapped, or strangled you, or otherwise caused physical harm to you.

### **Does this Sound Familiar?**

If you think you or someone you know may be in an abusive relationship, call our free and confidential 24/7 Help/Crisis Line at 1-773-583-HOPE (4673).