



**MINISTRY OF FAMILY AFFAIRS  
SOCIAL AFFAIRS DEPARTMENT  
SOCIAL SERVICES DIVISION**

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To determine whether your relationship is abusive, answer the questions below. The more 'yes' answers, the more likely it is that you're in an abusive relationship.

SIGNS YOU ARE IN AN ABUSIVE RELATIONSHIP  
**Your Inner thoughts and Feelings**



Do you:  
 Feel afraid of your partner much of the time?  
 Avoid certain topics out of fear of angering your partner?  
 Feel that you can't do anything right for your partner?  
 Believe that you deserve to be hurt or mistreated?  
 Wonder if you're the one who is crazy?  
 Feel emotionally numb or helpless?

**Your partner's violent behaviour or threats**

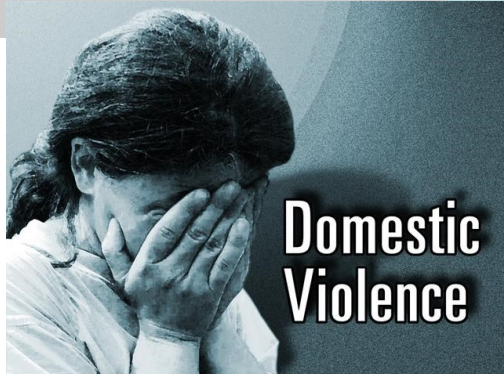
Does your partner:  
 Have a bad and unpredictable temper?  
 Hurt you, or threaten to hurt or kill you?  
 Threaten to take your children away or harm them?  
 Threaten to commit suicide if you

**Your partner's belittling behaviour**

Does your partner:  
 Humiliate or yell at you?  
 Criticize you and put you down?  
 Treat you so badly that you're embarrassed for your friends or family to see?  
 Ignore or put down your opinions or accomplishments?  
 Blame you for his own abusive behaviour  
 See you as property or a sex object, rather than as a person?

**Your partner's controlling behaviour**

Does your partner:  
 Act excessively jealous and possessive?  
 Control where you go or what you do?  
 Keep you from seeing your friends or family?  
 Limit your access to money or the phone?  
 Constantly check up on you?



*The cycle of violence in Domestic Abuse*

