| **SIGNS THAT YOU ARE IN AN ABUSIVE RELATIONSHIP** |
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| **Your Inner Thoughts and Feelings** | **Your Partner’s Belittling Behavior** |
| **Do you:**feel afraid of your partner much of the time? | **Does your partner:**humiliate or yell at you? |
| avoid certain topics out of fear of angering your partner? | criticize you and put you down? |
| feel that you can’t do anything right for your partner? | treat you so badly that you’re embarrassed for your friends or family to see? |
| believe that you deserve to be hurt or mistreated? | ignore or put down your opinions or accomplishments? |
| wonder if you’re the one who is crazy? | blame you for their own abusive behavior? |
| feel emotionally numb or helpless?  | see you as property or a sex object, rather than as a person? |
| **Your Partner’s Violent Behavior or Threats** | **Your Partner’s Controlling Behavior** |
| **Does your partner:**have a bad and unpredictable temper? | **Does your partner:**act excessively jealous and possessive? |
| hurt you, or threaten to hurt or kill you? | control where you go or what you do? |
| threaten to take your children away or harm them? | keep you from seeing your friends or family? |
| threaten to commit suicide if you leave? | limit your access to money, the phone, or the car? |
| force you to have sex? | limit your access to money, the phone, or the car? |
| destroy your belongings? | constantly check up on you? |