

## **ARE YOU IN AN UNHEALTHY RELATIONSHIP?**

Sometimes it's hard to recognize the warning signs of an abusive relationship. You don't have to have black eye or broken bones to be abused; abuse can take various forms, including verbal, emotional, physical, and sexual. All types of abuse have the potential to escalate into violent behavior. Take a look at the warning signs described below.

### **Do you feel...**

- Like you don't have any power in your relationship?
- Afraid of your partner's temper?
- Afraid to disagree with your partner?
- The need to constantly apologize for your partner's behavior?
- That you must justify everything you do to avoid your partner's anger?
- Like you can't do anything without your partner's permission?

### **Does your partner...**

- Have a history of bad relationships, none of which were his fault?
- Believe that men should be in control and that women should be submissive?
- Brag about mistreating or hurting others?
- Tend to lose their temper quickly and have a history of fighting?
- Behave in ways that scare you?
- Act jealous and possessive, including frequently checking up on you?
- Prevent you from seeing friends and family or get upset when you do?
- Give you orders and make all the decisions in your relationship?
- Demean or belittle you, especially in front of others?
- Criticize you, call you names, and frequently put you down?
- Give you the "silent treatment" or play other "mind games" with you?
- Threaten to abandon you, leave you, or physically hurt you?
- Pressure/force you to have sex or act forceful/too rough during sex?
- Try to manipulate you by saying, "If you really loved me you would...?"
- Say you provoked them or otherwise blame you for their anger?
- Abuse drugs or alcohol and pressure you to use substances too?
- Ruin, damage, or destroy your things?
- Grab, push, hit, choke, restrain, kick, or otherwise physically hurt you?
- Use or own weapons?
- Refuse to accept your desire to break up?
- Threaten to commit suicide?

Answering "yes" to any of the above questions suggests the possibility of an unhealthy relationship with a potential for violence. Consider speaking with a professional; you can call Counseling Services at 245-5716 to schedule an appointment.