

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.