

EMOTIONAL ABUSE

Not all relationship abuse is characterized by extensive physical violence. Sometimes, physical violence may be rare or threatened. However, all relationship abuse includes emotional abuse.

Certainly, equal loving partners may decide to change their habits to please each other, but a person should NOT be asked to change their lifestyle, personality, hobbies, or career choices.

If your partner asks you to be or become a different person, remind them that they originally selected you as yourself. If their preferences have now changed, then they should either attend counseling with you, or admit that the partnership has ended -- so that you will be free to find a new partner who loves you for who you are.

An abusive partner will divert and control discussions, so that you don't have time to think about what's right and what's wrong in their behavior.

Take a moment to consider these questions. Your partner might have behaved as though these things were okay, even though it is obvious they aren't.

**24-HOUR CRISIS HOTLINE,
INFORMATION & APPOINTMENTS**
305-348-2277

WEBSITE
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RELATIONSHIP IQ

Healthy relationships are based on equality, trust, communication, commitment, and compromise.

is your relationship healthy?

my partner is threatening me!

ANSWER EITHER YES OR NO TO THE FOLLOWING QUESTIONS:

HEALTHY RELATIONSHIP RESPONSES & EXPLANATORY COMMENTS:

- | | | |
|---|---|---|
| 1. Does this person have a problem with you hanging out with your friends? | ➔ | No. Oftentimes, abusive partners are jealous and possessive of you and your time. Healthy relationships have room for family, friends and colleagues. |
| 2. Do you feel that your opinion doesn't count in making decisions? | ➔ | No. Abusive partners often discount others and make all the major decisions in a relationship. |
| 3. Does this person call you disrespectful names? | ➔ | No. Abusive people often call you names and put you down to make themselves feel better. Over time this can seriously erode your self-esteem, leaving you feeling unsure of yourself and your abilities. |
| 4. Does this person expect you to report to them about your activities when you are apart? | ➔ | No. Because abusive partners are very possessive, they often expect you to tell them everything you do. Healthy relationships are built on mutual trust and respect. |
| 5. Have you ever seen this person throw, hit, or break things when angry? | ➔ | No. Abusive people use this tactic to intimidate others so you may fear, "next time, this could be you." This allows you to be controlled without even being touched. |
| 6. Is this person sometimes very loving and flattering, but other times angry or cruel? | ➔ | No. Abusive partners are often very charming and charismatic, but can quickly show their other side that is angry, cruel, threatening, blaming and accusatory. |
| 7. Does this person ever humiliate you in public or in private? | ➔ | No. This is a painful and embarrassing experience that causes you to feel shameful. You may try to do anything to appease your partner which gives your partner even more control. |
| 8. Does this person pressure you to engage in unwanted sexual activities? | ➔ | No. This is abusive. You have the right to say no, to have your feelings respected, and set your own limits. |
| 9. Does this person ever accuse you of cheating on him or her? | ➔ | No. This is very common among abusive partners, and is a "tell-tale" sign of an abusive relationship. Healthy relationships are based on mutual trust and respect. |
| 10. Has this person ever hit, grabbed, pushed, punched, kicked or otherwise physically hurt you? | ➔ | No. This is abuse and it is a crime. No one has the right to treat you this way. You deserve to feel safe and secure, especially in your intimate relationship. |

If you answered "yes" to any of the ten questions, you may be in an abusive relationship. While any one answer does not necessarily mean you are being abused, you may want to seek advice if you feel concerned by any of your partner's behaviors.

You may want to consider working with a counselor or advocate about:

- 1.** How to be safer in your relationship.
- 2.** How to leave your relationship safely if you so choose.
- 3.** Other options that may be available to you such as: seeking a restraining order, calling the police, or contacting your local domestic violence hotline/shelter.

When seeking advice, it is important to request confidential consultation, and remember that you are free to make your own decisions and to determine whether you want to use any of the options or recommendations provided.

Visit our website or call us for more information.

HEALTHY RELATIONSHIPS ARE BASED ON EQUALITY, TRUST, COMMUNICATION, COMMITMENT, AND COMPROMISE.