



## Am I In an Abusive Relationship?

One of the most common things we hear from those who are in abusive relationships is that they often feel very confused about their relationships. Quite often, they do not see their partners as abusive and may even take responsibility for the problems. Below are some questions to help you determine whether your relationship is potentially abusive.

(adopted from [www.calledtopeace.org](http://www.calledtopeace.org))

Select all that apply to your relationship. Does your partner...?

- Use scripture to condemn you?
- Deprive you of sleep?
- Minimize or deny abusive behavior?
- Act extremely jealous?
- Threaten to hurt or punish you if you don't do what he/she wants?
- Often seem angry at someone or something?
- Make all the decisions about money?
- Claim that he/she is a victim of something or someone?
- Embarrass or humiliate you in front of others?
- Lie to you regularly?
- Make you feel like you're walking on eggshells?
- Intimidate you with looks, gestures, cursing, or a loud voice?
- Tell you how to dress or act?
- Prevent you from leaving an area or restrain you?
- Threaten to leave you, hurt you, or to commit suicide?
- Often criticize you, your friends or your family?
- Pressure you for sex in ways that make you uncomfortable?
- Disregard your feelings?
- Check up on you excessively?
- Try to isolate you by controlling where you go, who you see & what you do?
- Make you afraid to voice your opinion?
- Blame you for how he/she treats you, or for anything bad that happens?
- Push, grab or shove you?
- Degrade you, make you feel insignificant, powerless and/or worthless?
- Make you feel crazy?
- Ignore you or give you the silent treatment?
- Destroy your property, possessions or documents?
- Use the children to control you? Try to turn the children against you?
- Use weapons to scare you?

If you identify with any of these, it is likely that you are in a destructive relationship.  
Reach out and we can help you navigate through the chaos.

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