

## Are You Abusive to Your Partner? \*

Ask yourself the following questions:

- Do you frequently check up on your partner (where she is, who she's with, etc.)?
- Are you jealous and/or possessive of her?
- Do you criticize or insult your partner?
- Have you threatened your partner or broken things to frighten her?
- Have you left or threatened to leave her in a dangerous or unknown place?
- Have you driven too fast or recklessly specifically to frighten her?
- Have you kicked, hit, thrown down, shoved, choked or thrown objects at your partner?
- Do you think that your actions were prompted by your partner's behavior?
- Have you blamed your violent behavior on drinking or using drugs?
- Have you scared/intimidated your partner so that she is afraid to say "no" to you?
- Have you threatened to harm her or yourself if she breaks up with you?
- Do you believe you are permitted to hit your partner if she does or says something that you don't like?
- Have you ever forced your partner to engage in sexual activities when she did not want to do so?

**If you have answered "yes" to any of these questions, it is time to check your behavior.** Battering behavior can only be stopped if the batterer decides to change and seek help. There are programs available to help.

Adapted from material prepared by Domestic Violence Project/SAFE House, Ann Arbor, MI

*\*This handout is gender specific because that is the reality of most relationship violence. According to a 2003 Crime Data Brief from the Bureau of Justice Statistics, more than 85% of victims of intimate partner violence are women and the majority of those committing violent acts are men.*