

AM I IN A BATTERING RELATIONSHIP?

YES - you may be BATTERED if you:

- ◆ Are frightened of your partner's temper
- ◆ Believe you deserve to be hurt or mistreated
- ◆ Feel like you can't do anything right for your partner
- ◆ Wonder if you're the one who is crazy
- ◆ Feel helpless
- ◆ Are often compliant because you are afraid to hurt your partner's feelings or are afraid of your partner's anger
- ◆ Have the urge to "rescue" your partner when or because your partner is troubled
- ◆ Find yourself apologizing to yourself or to others for your partner's behavior when you are treated badly
- ◆ Have been hit, kicked, shoved, or had things thrown at you by your partner when jealous or angry
- ◆ Make decisions about activities and friends according to what your partner wants or how your partner will react
- ◆ Drink or use drugs
- ◆ (For some people) have been abused as a child or seen your mother being abused

YES - you may be a BATTERER if you:

- ◆ Are very jealous
- ◆ Sulk silently when upset
- ◆ Have an explosive temper
- ◆ Criticize and put down your partner a lot
- ◆ Have difficulty expressing feelings
- ◆ Drink heavily or use drugs
- ◆ Believe that it is the male role to be in charge, and/or have contempt for women
- ◆ Are protective of your partner to the point of being controlling
- ◆ Are controlling of your partner's behavior, of money, or decisions
- ◆ Have broken things, thrown things at your partner, hit, shoved, or kicked your partner when angry
- ◆ Were physically or emotionally abused by a parent
- ◆ Have a father who abuses (or abused) his wife