

Am I In An Abusive Relationship?

This checklist will help you determine if you're in an abusive relationship. **You can use the Checklist now (online) or print it out, whichever you prefer.** Abuse can be physical, emotional, psychological, and/or sexual. It can happen to anyone of any race, age, sexual orientation, religion or gender. If you're being abused, help is available and you can get out safely. In the United States, contact the National Domestic Abuse hotline 1-800-799-SAFE (7233). If you're a woman, you can locate your nearest domestic violence shelter for women [here](#).

- 1. I'm afraid of him/her most of the time.
- 2. He/she blows up over the smallest things.
- 3. I act differently around him/her to avoid blow-ups. I'm afraid to be my true self.
- 4. I obey his/her orders to avoid blow-ups.
- 5. He/she has unpredictable behavior. One minute everything seems fine, and the next minute he/she is angry and abusive.
- 6. I avoid certain topics and doing certain things out of fear he/she will get angry.
- 7. He/she has a bad temper and yells at me a lot.
- 8. I feel like no matter what I do, I can never make him/her happy.
- 9. He/she acts like everything is fine in public, but instantly lashes out as soon as we're home.
- 10. He/she criticizes, insults, embarrasses, and/or belittles me when we're alone.
- 11. He/she criticizes, insults, embarrasses, and/or belittles me in front of other people, especially my family and friends.
- 12. He/she says things to me like, "You're so ugly and stupid, no one is going to love you but me."
- 13. He/she puts down my opinions, accomplishments, and/or goals.
- 14. I'm not allowed to have opinions, accomplishments, and/or goals.
- 15. I'm afraid of my partner much of the time, whether or not I'm actually in his/her presence.
- 16. He/she treats me like property and expects me to obey commands and demands. If I don't he/she will abuse me.
- 17. I'm not allowed to go out with other people.
- 18. When I go out, he/she insists on knowing where I am all the time, who I'm with, what I'm doing, and when I'll be home.
- 19. He/she is possessive and jealous.
- 20. When I go out, he/she follows/stalks me.
- 21. He/she constantly texts and/or calls me when we're apart.

- 22. He/she limits my access to food, clothes, phone, car, and/or medications.
- 23. He/she makes me account for every penny I spend.
- 24. He/she takes and/or steals my money and/or credit cards.
- 25. He/she destroys my possessions.
- 26. He/she won't let me make decisions for myself.
- 27. He/she uses intimidation and threats to make me comply.
- 28. He/she grabs, pushes, pinches, shoves, bites, and/or hits me.
- 29. He/she intimidates me with guns, knives, and/or other weapons.
- 30. He/she forces me to have sex.
- 31. He/she forces me to do things sexually that I'm not comfortable with.
- 32. I keep thinking that if we have sex more frequently and/or whenever or wherever he wants, he'll quit abusing me.
- 33. He/she uses drugs and/or alcohol as an excuse as to why he/she said hurtful things or abused me.
- 34. He/she forces me to use drugs and/or alcohol.
- 35. When we're together, I always look for "safe places" to go to in case he/she becomes abusive.
- 36. If he/she finds out I've told someone about the abuse, it will surely precipitate more drastic abuse.
- 37. I make excuses/lie to others about his/her abusiveness.
- 38. I lie/make up stories about my bruises, injuries, and "accidents."
- 39. I dress in clothes that hide my bruises and injuries.
- 40. I make excuses to friends, family members, etc. on why I can't be with them.
- 41. I cancel social dates with friends, family members, etc. at the last minute because he/she won't let me go.
- 42. I have to ask permission to do anything, go anywhere, or see anyone.
- 43. I've lost all of my friends because of his/her abusive ways.
- 44. My friends and family members have quit talking to me because they're sick of me making excuses and taking up for him/her."
- 45. He/she won't let me have a job.
- 46. He/she won't let me go to work.
- 47. He/she won't let me go to school for job training.
- 48. He/she won't let me plan a career.
- 49. He/she shows up at my place of work to check on my whereabouts, harass me, and/or stir trouble.

- 50. He/she constantly calls me at work.
- 51. I often miss work because he/she restricts me from going.
- 52. I often miss work due to bruises from beatings or I'm too much of an emotional wreck to go.
- 53. My job is in jeopardy from so many absences caused by his/her abuse.
- 54. I'm afraid of what he/she will do if I leave.
- 55. He/she threatens to hurt my children and/or have them taken away from me if I leave.
- 56. He/she threatens to file (false) charges against me if I leave.
- 57. He/she threatens to hurt and/or kill me if I leave.
- 58. He/she threatens to hurt and/or kill my family members, friends, pets, and others if I leave.
- 59. He/she threatens to commit suicide if I leave.
- 60. I pretend that the abuse is minor.
- 61. Even though I'm miserable, I keep hoping things will go back to the way they once were.
- 62. I think that "if I love him/her enough," the abuse will stop.
- 63. I think I'm probably exaggerating the things he/she does to me. I wonder if I'm the crazy one.
- 64. I tell myself "Oh, it was just one time." After all, he/she says things like "I'm sorry," "Babe, you know I love you," "It won't happen again" after the abuse.
- 65. He/she says I cause the abusive.
- 66. I believe that if I just do things the "right" way, the abuse will stop. (He/she is always changing the definition of what the "right" way is.)
- 67. I try to avoid doing the things that make him/her abusive but the list of triggers keeps growing and/or changing.
- 68. Everybody thinks he/she is such a great person that they won't believe me if I tell them about the abuse.
- 69. There are periods of time when the abuse completely stops, and then it starts again.
- 70. I think that most of the time it's my fault that I am being abused.
- 71. I feel worthless, anxious, emotionally numb, and/or depressed.
- 72. I feel helpless, like there is no way out of this relationship.

