

## Are You a Victim of Abuse?

### Directions:

Although we often think of abuse as physical, much of the abuse that takes place in intimate relationship is more psychological in nature. If you feel constantly put down or controlled by your partner, ask yourself the following questions.

- Never   Sometimes   Usually   Always
1. Are you blamed by your partner whenever things go wrong?
  2. Does your partner yell at you, curse you, or call you names?
  3. Is your partner a "nasty" drunk or drug user?
  4. Does your partner control your money?
  5. Are you discouraged from enjoying outside friendships?
  6. Is your free time restricted by your partner?
  7. Do you "cover" or make excuses for your partner's behavior?
  8. Do you do more than your fair share of work around the house?
  9. Are you forced or coerced into having unwanted sex after you've said no?
  10. Do you feel you must ask permission to do things?
  11. Are you sometimes "punished" overtly or more subtly for misbehaving?
  12. Was your mother or your partner's mother abused or was your partner abused in the past?
  13. If you express opinions opposed to those of your partner, does it cause a scene?
  14. Are you afraid of your partner?
  15. Does your partner repeatedly point out things that are wrong with you?

### Scoring:

If you answered Usually or Always to

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|---------------|---|
| 1 or 2 items  | Take notice. Work together to improve troubled areas in the relationship.                     |
| 3 or 4 items  | Seriously examine the relationship. Seek joint counseling from a qualified professional.      |
| 5 to 7 items  | Abuse is definitely a problem. Counseling is necessary (joint counseling may be appropriate). |
| 8 to 15 items | Crisis intervention is needed. Joint therapy is not appropriate.                              |