

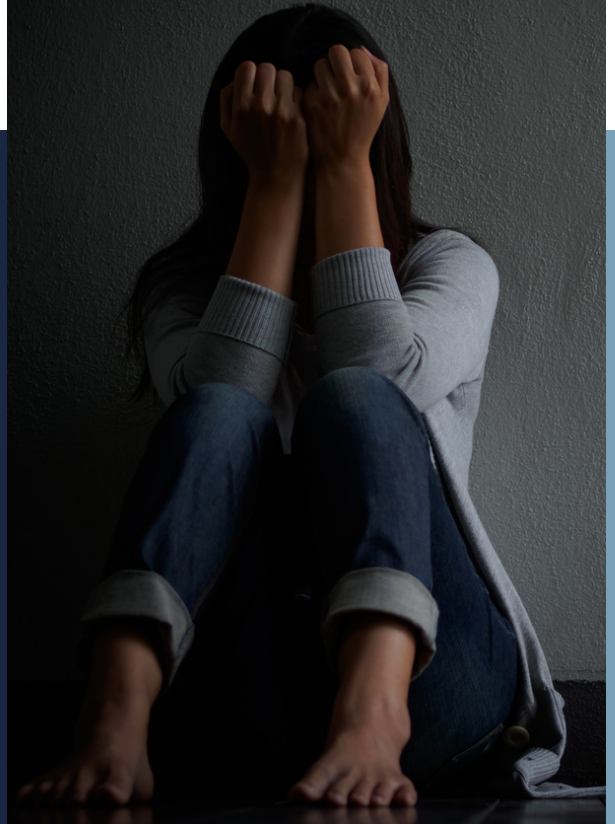


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Warning Signs of Abusive Behavior

Below is a list of questions given to us from a domestic abuse survivor. You can use them to help a woman determine if her relationship is abusive. Talking with someone else can bring clarity to her confusion.



Directly from a domestic abuse survivor

Kati wrote to us and said "...if I were to be talking to a woman to try and figure out if she is in an abusive relationship (even if she doesn't know it), I would say..."

- Does it seem as though everything that goes wrong in your relationship is blamed on you?
- Are there certain topics that are not allowed to be discussed in your relationship?
- Do you feel as though you don't have control over when you're allowed to speak and what topics you're allowed to talk about?
- Do you feel nervous around your spouse but you can't put your finger on why?
- Is your mental sanity a main topic of discussion?
- Do you feel like a different person than you were before you meet your spouse?
- Did your relationship go from fairytale to nightmare?
- Are you criticized for everything you do?
- Are there common foods, clothing or certain common items that you are not allowed to have in the house?

Always remember to validate their emotions and ask a follow up question.
This could sound like "Oh, wow! That sounds confusing (or scary).
Can you tell me more about that?"