

## **You may be in an abusive relationship if you...**

- ▶ Feel like you're "walking on eggshells" to keep your partner from getting angry.
- ▶ Feel like you can't live without your partner.
- ▶ You stop seeing your friends, or give up activities you enjoy because your partner doesn't like them.
- ▶ Are afraid to tell your partner your worries and feelings about the relationship.
- ▶ Are often compliant because you are afraid to hurt your partner's feelings, and have the urge to "rescue" your partner when he/she is troubled.
- ▶ Feel that you are the only one who can help your partner, and should try to change her/him.
- ▶ Find yourself apologizing to people for your partner's behavior.
- ▶ Stop expressing your opinion if your partner doesn't agree with them.
- ▶ Stay because your partner threatens to kill him/herself if you leave.
- ▶ Feel that your partner's jealousy is a sign of love.
- ▶ Have been kicked, hit, shoved, pinched, or had things thrown at you when by your partner when he/she was angry or jealous.
- ▶ Believe the critical things your partner says to make you feel bad about yourself.
- ▶ Feel that there is something wrong with you if you don't enjoy the sexual things your partner makes you do.