

Domestic Abuse Checklist

Am I in an Abusive Relationship?

- Am I afraid to disagree with my partner?
- Does my partner's temper scare me?
- Does my partner cut me off from my friends and family?
- Is my partner very jealous?
- Does my partner follow and/or check up on me?
- Does my partner call me names or yell at me?
- Does my partner try to control the way I dress, and/or who I see?
- Do I hide things from him/her so as not to upset him/her?
- Am I afraid to say no to sex?
- Has my partner threatened to kill me or commit suicide if I leave?
- Does my partner throw and/or break objects in anger?

What is a Healthy Relationship?

- You feel safe and comfortable with each other. You laugh and have fun.
- Communication is open and spontaneous. You listen to each other and feel that you are heard. You decide things together.
- You can express your feelings without fear of your partner's reactions. You can talk about conflict directly, and resolve it with win-win outcomes.
- Feelings and needs are expressed, appreciated, and respected by both.
- You can be together as a couple without losing your sense of yourself.
- Each encourages personal growth, change and exploration.
- Your lives outside the relationship make your relationship stronger.
- Other meaningful relationships and interests exist for both partners.
- You can take responsibility for your own behavior and happiness.

- Your partner does not try to change or control you when you disagree.
- You can say "no" without feeling guilty about it.
- You can trust each other. You each work hard to be trustworthy to the other.
- There is a balance on giving and receiving in your relationship.
- Each person can enjoy being alone and requests for privacy are respected?
- Both people recognize that all violence is unacceptable.