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.

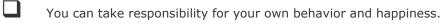


Each encourages personal growth, change and exploration.





Other meaningful relationships and interests exist for both partners.



- 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.