## <u>QUIZ</u>

## How Is Your Relationship?

Take this test and find out ...

Sometimes it is hard to recognize the warning signs of abuse. Remember, you don't have to have broken bones or a black eye to be abused. You may be experiencing emotional abuse, which could turn into physical abuse.

## Warning Signs of Abuse

## Does your partner ...

- Act jealous & possessive toward you, stop you from seeing friends, check up on you, won't accept breaking up.
- Act very bossy, gives orders, makes all the decisions, doesn't take your opinion seriously.
- Look at you or act in ways that scare you. You worry about how they will react to things you say or do. Threatens you, uses or owns weapons.
- Have a history of fighting, loses temper quickly, brags about mistreating others.
- Pressure you for sex, is forceful or scary around sex. Attempts to manipulate or guilt-trip you by saying, "If you really loved me you would..."
- Abuse drugs or alcohol and pressure you to take them.
- Say you provoked him/her, press their buttons, made them do it, led them on.
- Have a history of bad relationships and not accepting responsibility, "Girls just don't understand me."
- Believe that men should be in control and powerful and that women should be passive and submissive.
- Hit, push, choke, restrain, kick, physically abuse you, or damage your things.
- Threaten to commit suicide.

If you checked **any** of the above questions on this test, consider turning to someone for help.

If you want to talk, call: Crime Victims Assistance Center Hotline (607) 722-4256

SOS Shelter Hotline (607) 754-4340

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