

ARE YOU IN A RELATIONSHIP WITH SOMEONE THAT...

Are you in a relationship with someone who...*

-tells you things that make you feel bad

-tells you or does things that shock you

-tells you or does things that humiliate you

- pushes you

-throws things at you

-threatens to throw things at you

-tells you that they will break everything

- sulks and refuses to discuss the issue

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-tried to control you

-gives you orders

-criticizes the way you dress

-criticizes your friends and family

-makes ALL the decisions

-disregards your opinion

???????

* by Colette Breton

-is jealous

-is possessive

-insinuates that you do this or that

-monitors you

-has you followed

-makes you choose between him or your friend and family

-does NOT accept a breakup

-tried to manipulate you

-manipulates you

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-abuses alcohol

-abuses drugs

-pressures you to drink or do drugs

-makes you believe that women should obey

-that your family and friends have warned you about him

-carries a weapon

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-is violent

-has a violent background

-quickly loses his temper

-strongly grips your arms or fingers

-slaps you sometimes

-promises to call but...

-prevents you from leaving

-pressures you into sex or into performing sexual acts

-obligates you to have sex

-takes you by force

-believes that females are just sex objects

???????

-makes excuses for the violence

due to:

his past

alcohol

drugs

the gang

losing control

???????