

Questionnaire : Am I living in an abusive relationship?

DOES YOUR PARTNER?

- Blame you no matter what you do?
- Make disparaging remarks about your friends or family?
- Insult and humiliate you?
- Call you 10 times a day to know what you're doing, where you are and with whom?
- Insist to a point where you cannot refuse sex?
- Throw objects or break things that belong to you?
- Ask you for a detailed account of your meetings, your tardiness and movements?
- Try to distance you from your family or friends?
- Make derogatory remarks about the way you dress, your appearance, the children's upbringing?
- Give excuses (work related stress, alcohol, rowdy children, traffic, etc.) to justify his mood swings?

ARE YOU?

- Sometimes afraid for yourself or your children?
- Being physically abused or threatened with being physically abused?
- Constantly feeling that you are an incompetent, clumsy, ignorant person, that you never do the right thing?
- Certain that no one else would want you?

Do you recognize yourself in one or more of these situations?

It is very likely that you are experiencing domestic violence.

BUT YOU CAN CHANGE THINGS!

AFTER THE STORM, DO YOU SAY?

- " It's my fault ... I knew it, I should not have caused it.. "
- " I started it."
- " There must be a reason for this violence"
- " If he/she stopped drinking it would be different"
- " If he/she did not use drugs he/she would not lose control"
- " If he/she found a job or if their job was less stressful he/she would be less worried and more calm"
- " If only the children were less bothersome, then he/she could rest"
- " He/she love me so much, it's normal that they should rest"

If you answered yes to any of these statements, you might be minimizing the gravity of the violence.

VIOLENCE HAS NO PLACE IN A RELATIONSHIP AND HAS NO EXCUSE!

If you believe that you are experiencing domestic violence, contact SOS Violence Conjugale 514-873-9010 or Transit 24, 514-383-4994