

Are You Being Abused?

This brief questionnaire on abuse can help you identify possible signs. In addition, there are warning signs of an abusive dating relationship for young adults. The checklist can help you identify problems.

Have you ever been hit, pushed, grabbed, threatened, or scared by your partner?	
Have you told him you are scared of him? Are your children afraid of him?	
Are you insulted, called names, or made upset by things he says?	
Do you feel pressure to do things his way, even if you do not want to?	
Do you feel he is trying to control your life?	
Does he blame you when he treats you badly?	
Does he blame it on alcohol, stress, or family problems?	
Has he cheated on you?	
Has someone ever accused him of mistreating your children?	
Is your partner overly jealous or possessive?	

SCORING: If you can say "yes" to any of these questions, you should talk to somebody who can help you figure out what you need to do. If you abuse alcohol or drugs, cutting back or stopping is a good start, but you will still need to find ways to keep yourself and your children safe.

EMERGE: Counseling and Education to Stop Domestic Violence, Boston Massachusetts, 1999.

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