

## Do You Have a Problem With Abuse?

You might be engaging in abusive behaviors without realizing it. You might think you just have a bad temper or you and your partner are going through a rough patch. The questions on abuse below can help you see if you have a problem so that you can get help.

**Check each answer below that is yes**

	Have you ever hit, pushed, grabbed, threatened, or tried to scare your partner?
	Has she told you that she is afraid of you or shown fear in other ways? Are your children afraid of you?
	Do you frequently insult her, call her names, or say other things that make her upset?
	Do you pressure her to do things your way, even if she does not want to?
	Does she complain that you are trying to control her life?
	When you treat her badly, do you consider it her fault?
	Do you blame it on alcohol, stress, or family problems?
	Have you cheated on her?
	Has someone ever accused you of mistreating your children?
	Has your partner complained about jealous or possessive behavior on your part?

**SCORING:** If you can say "yes" to any of these questions, you should talk to somebody who can help you understand your behavior and start to change. If you abuse alcohol or drugs, cutting back or stopping is a good start but you will still need to learn ways to change your behavior.

*Source: "Do You Have a Problem With Abuse?" Massachusetts: EMERGE: Counseling and Education to Stop Domestic Violence 1999.*

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