

## Is My Boyfriend/Girlfriend Abusive?

Does Your Boyfriend/Girlfriend...

1. Call your house frequently, even when you are not home?
2. Ask you where you have been and who you were with?
3. Act jealous?
4. Put down your friends?
5. Frequently embarrass you or make fun of you in front of other people?
6. Intimidate you to make you do things?
7. Pressure you to do things you don't feel comfortable doing?
8. Use alcohol or drugs as an excuse for saying hurtful things or abusing you?
9. Get extremely angry at you and you don't know why?
10. Minimize how much he/she hurt you?
11. Threaten you with force, words or weapons?
12. Tell you he/she can't live without you?
13. Make you feel trapped?
14. Isolate you from your friends?
15. Get angry when someone else shows you attention?
16. Suggests or tells you what to wear?
17. Make you afraid by using a look or a gesture?
18. Show up unexpectedly when you are out with others?
19. Drive by your house frequently?
20. Apologize for his/her behavior and promise not to do it again?
21. Give you gifts after you have had a fight?
22. Treat you like a servant?
23. Get upset when you offer to pay for something?
24. Accuse you of embarrassing him/her in front of his/her friends?
25. Threaten to commit suicide if you leave him/her?
26. Put you down or call you names?
27. Throw things at you?
28. Use or remind you of your worst fears?
29. Discourage you from going out with others or doing things?
30. Drive dangerously to scare you?
31. Ever locked you in or out of his/her car?
32. Ever threatened to leave you stranded somewhere?
33. Dislike it when you drive?
34. Push, shove, punch, choke or hit you?

*Sexual Assault/Spouse Abuse Resource Center, Inc.*

*SARC*

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