

Name: _____

ACTIVITY A
ARE YOU IN AN ABUSIVE RELATIONSHIP?

This sheet is private. Think about your current relationship, and answer these questions honestly. If you are not currently in a relationship, think about a relationship you have been in or the relationship of one of your friends. In response to each question, circle Yes or No.

Y	N	Does your partner isolate you from your friends and family or ask you to miss special events, such as family parties, to spend time with him/her?
Y	N	Is your partner excessively jealous? Does he/she get angry if you talk to, spend time with, or speak warmly about other boys/girls? Does your partner accuse you of flirting with other people even when you were not?
Y	N	Does your partner want you to spend all of your time with him/her? Does your partner get angry if you spend time with friends other than him/her?
Y	N	Does your partner want you to call him/her often to check in—or call you several times or show up to make sure you are where you said you'd be?
Y	N	Does your partner call you names, yell at you or make fun of you and then tell you that you are “too sensitive” or that he or she was “just kidding” when your feelings are hurt?
Y	N	Does your partner try to embarrass or humiliate you in front of other people?
Y	N	Does your partner treat you roughly, such as play-wrestling, grabbing, shoving, pinching or hitting you?
Y	N	Does your partner blame you for how he/she feels or acts?
Y	N	Does your partner tell you what styles of clothes, hair or makeup to wear?
Y	N	Does your partner demand to know all the details of where you've been and what you've done when you're not together?

This activity is continued on the next page.

Name: _____

ACTIVITY 11E
ARE YOU IN AN
ABUSIVE RELATIONSHIP?

Y	N	Has your partner threatened to harm you or himself/herself if you break up?
Y	N	Does your partner tell you that no one else would want you, that you are nothing without him/her?
Y	N	Are you afraid to talk about your feelings or disagree with your partner for fear of threats or insults? Are you always careful and nervous about what you say to your partner?
Y	N	Do you find yourself making excuses to others for your partner's behavior?
Y	N	Do you find yourself apologizing to your partner for things you've never done just to get the relationship back on a good footing?
Y	N	Does your partner throw or break things in anger?
Y	N	Has your partner threatened to spread gossip about you, or out you if you're part of a same-sex couple?
Y	N	Does your partner make all the decisions or make you feel like you're unable to make decisions?
Y	N	Does your partner pressure or force you into sexual activity?
Y	N	Does your partner try to keep you from leaving after a fight or leave you somewhere after a fight to "teach you a lesson?"

If you answered "yes" to any of these questions, talk to someone. No one deserves to be abused. If you are being hurt in your relationship, confide in a friend, relative or adult you trust, or call the National Domestic Violence Hotline at 1 (800) 799-SAFE for confidential help.