

Name: _____

IS YOUR FRIEND IN AN ABUSIVE RELATIONSHIP?

This sheet is private. Look at these questions to determine if your friend is in an abusive relationship. Think about your friend's relationship, and answer these questions honestly. In response to each question, circle Yes or No.

Note: The abuser is sometimes referred to as "he" and the victim as "she" in this survey because this is the case in most, but not all, instances of relationship abuse.

Y	N	Did your friend's dating partner sweep her off her feet and declare his love very early in the relationship?
Y	N	Does your friend's dating partner get jealous if she looks at or speaks casually with another boy, even if it is completely innocent?
Y	N	Did your friend used to be more outgoing and involved with friends and activities? Has she lost interest in activities she used to enjoy?
Y	N	Does your friend's dating partner expect her to call often to check in—or does he call your friend several times a night or show up to check up on her?
Y	N	Does your friend's dating partner call her names or put her down in front of other people and then laugh and say he was "only kidding"?
Y	N	Does your friend seem worried about upsetting her dating partner or making him angry?
Y	N	Does he frequently roughhouse or play-wrestle with her?
Y	N	Do they talk on the phone several times a day or for long periods of time to the exclusion of everything else?
Y	N	Does your friend's dating partner tell her how to dress or wear her hair or makeup?
Y	N	If he calls, pages or text-messages her, does your friend feel she must call him back immediately?

This activity is continued on the next page.

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Y	N	Has your friend become very critical of her own appearance, talents or abilities?
Y	N	Does your friend have bruises or other injuries she can't explain—or do the explanations she gives fail to make sense?
Y	N	Does your friend's dating partner drink or use drugs?
Y	N	Does your friend often apologize for her dating partner's poor behavior and make excuses for him?
Y	N	Does your friend frequently feel she has to explain herself to her boyfriend or often say she's sorry?
Y	N	Does your friend frequently cancel plans at the last minute for reasons that sound untrue?
Y	N	Does your friend's partner accuse her of flirting with other people even when she was not, or accuse her of doing other things she hasn't done?
Y	N	Is he aggressive in other areas of his life, such as putting his fist through walls, or hitting, breaking or throwing objects when angry?
Y	N	Have your friend's weight, appearance, grades or demeanor changed dramatically?
Y	N	Does he demand to know all the details of where your friend has been and what she has been doing when they are not together?

If you answered "yes" to any of these questions, talk to someone. **If you suspect your friend is in an abusive relationship, talk with her or with an adult you trust.** National Domestic Violence Hotline: 1 (800) 799-SAFE.

Source: www.drjillmurray.com/jill/resources/how_to_know.html