

Name: _____

WHEN ENOUGH IS ENOUGH

) Love is about bringing out the best in each other. Healthy relationships require equality, individuality and compromise. In an abusive relationship, one partner takes all the power and control. This causes an imbalance in the relationship and often prevents the other person's individuality and opinions from being expressed.

But abusive relationships usually start off just as happily as healthy ones. Would you be able to see when a dating relationship becomes overly restrictive and demanding? Would you be able to sense if there was an unequal balance of power and control in your relationship?

Part One: When would you leave a relationship? (check all that apply)

_____ When you realize you have to check in with your partner all the time in order to avoid an argument?

_____ When you find that your partner is putting so much pressure on you to spend all your time with him/her that you are no longer spending time with friends or participating in the activities you enjoy?

_____ When your friends remind you how many times you have cancelled plans with them at the last minute to be with your partner?

) _____ The first time your partner forces you to do something you don't feel good about?

_____ When you find yourself making excuses for your partner's behavior?

_____ When you realize that you are working so hard to make your partner happy that you feel worn out and tired?

_____ When you realize that the relationship leaves you feeling bad about yourself most of the time?

_____ When you realize you are dressing differently or wearing your hair differently just to please your partner?

_____ When you realize that no matter what you do, you can't please your partner?

_____ The first time your partner unfairly accuses you of flirting with someone else?

_____ The first time your partner restrains you physically when you're trying to walk away from an argument?

_____ The first time your partner curses at you or calls you an offensive name?

_____ The first time your partner slaps you?

_____ The first time your partner leaves a mark on your body?

_____ The first time your partner sends you to the emergency room?

) *This activity is continued on the next page.*

