

Am I Being Abusive?



HAVE YOU EVER HURT YOUR PARTNER, OR BEEN AFRAID OR CONCERNED THAT YOU MIGHT HURT YOUR PARTNER?

✓	Have you ever threatened to hurt your partner, his or her children, pets, family, and/or friends?
✓	Do you ever prevent your partner from using the phone, car, money or other shared possessions?
✓	Have you ever criticized or humiliated your partner in public or private?
✓	Have you ever withheld approval, appreciation, or affection as punishment?
✓	Are you typically concerned about your own needs, rather than your partner's needs?
✓	Do you tend to deny responsibility for your choices, actions, and behaviors?
✓	Do you tend to minimize your own behavior, or minimize, ignore, or make fun of your partner's feelings?
✓	Have you ever 'outed' or threatened to 'out' your partner to family, friends, co-workers, and other important people in their life?
✓	Have you ever prevented your partner from working, going to school, or seeing friends?
✓	Have you ever questioned your partner's status as a "real" lesbian, gay man, or bisexual?
✓	Have you ever attempted to control your partner's expression of gender identity?

HELP IS AVAILABLE!

If you are choosing to be abusive, please contact someone! You CAN learn to make different choices.

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