

Am I Being Abused?



HAVE YOU EVER FELT AFRAID OF BEING HURT BY YOUR PARTNER OR HAVE YOU EVER BEEN HURT BY YOUR PARTNER? HAS YOUR PARTNER EVER:

✓	Physically abused you - hit, kicked, pushed, physically restrained you?
✓	Sexually abused you - forced sex, unwanted sexual touching?
✓	Criticized or humiliated you in public or private?
✓	Caused you to feel confused, 'crazy,' unsure, or afraid?
✓	Kept you from using your phone, car, money, or other shared possessions?
✓	Withheld approval, appreciation, or affection as punishment?
✓	Minimized, ignored, or made fun of your feelings?
✓	Acted jealous?
✓	Acted abusively and then promised it wouldn't happen again?
✓	Prevented you from working, seeing friends, or going to school?
✓	Threatened to hurt you, your children, pets, family, and/or friends?
✓	Shown up repeatedly at your work and/or tried to get you fired?
✓	Has your partner attempted to control your expression of gender identity?
✓	Threatened to 'out' you to family, friends, co-workers, and other important people in your life?

YOU ARE NOT ALONE!

You do not deserve to be abused! No one does! If you believe you are being abused, help is available.

Vera House, Inc

24-Hour Crisis & Support Line

315-468-3260

www.verahouse.org