

ABUSIVE RELATIONSHIP TEST

There are many reasons why people stay in abusive relationships. But whatever the reason, the first step is to know for sure if you are in a potentially dangerous relationship. Abusers give early warning signs. Educate yourself on the early warning signs of a potentially dangerous relationship, and prepare a safety plan to get out.

Take this test to see where you're at:

Does your partner make you feel uncomfortable by:

- Telling you what to do or not do, where to go or not go
- Telling you who to be friends with
- Telling you what clothes to wear & how to wear your hair & make-up
- Telling you how to act
- Telling you who to talk to or not talk to
- Wanting you to tell them where you've been
- Phoning you to make sure you are where you said you would be
- Phoning, texting and emailing you a lot each day
- Telling you what time to come home
- Not telling you when he/she is coming over
- Making all the big decisions
- Following you around
- Making you do something you don't want to do
- Behaving jealous and possessive of your time

Does your partner not give you time alone by:

- Going through your things
- Listening to your phone calls
- Opening your mail and email
- Reading your notes, cards and letters
- Wanting to know what you say to others word for word
- Not leaving you alone – following you everywhere
- Asking friends and family about what you do

Does your partner want you to depend on him/her?

- Takes control of the money
- Doesn't want you to work
- Doesn't want you to have your own bank account
- Tells you that you are stupid and can't make it on your own
- Tells you "no one else will love you"
- May tell you to quit school

Does your partner hurt your friendships with others?

- Tells you lies about what your friends have said about you
- Doesn't want you to go out with your friends without him/her
- Is mean to your friends so that they will stop hanging out with you
- Starts a fight with you right before you leave to go out with your friends
- Puts down your friends
- Tells you not to see your counselor or social worker
- Doesn't want you to meet his/her friends
- Wants you to choose between them and your friends
- Doesn't give you messages

Does your partner show other warning signs?

- Doesn't like himself/herself very much
- Hurts your feelings
- Blames you and others for his/her mistakes
- Gets angry a lot
- Doesn't care for others' feelings
- Acts tough or not interested
- Cares so much that he/she becomes controlling
- Wants to 'own you' and is very jealous of what you do with others
- Seems to be obsessed with you; has to be a part of everything you do
- Not want you to go anywhere without him/her
- Finds it hard to share his/her feelings well
- Doesn't listen to you when you talk

_____ = Total boxes checked

If you checked 5 or more boxes, CR may be the place for you.