

Are You Abusive to Your Partner? *

Ask yourself the following questions:

- Do you frequently check up on your partner (where she is, who she's with, etc.)?
- Are you jealous and/or possessive of her?
- Do you criticize or insult your partner?
- Have you threatened your partner or broken things to frighten her?
- Have you left or threatened to leave her in a dangerous or unknown place?
- Have you driven too fast or recklessly specifically to frighten her?
- Have you kicked, hit, thrown down, shoved, choked or thrown objects at your partner?
- Do you think that your actions were prompted by your partner's behavior?
- Have you blamed your violent behavior on drinking or using drugs?
- Have you scared/intimidated your partner so that she is afraid to say "no" to you?
- Have you threatened to harm her or yourself if she breaks up with you?
- Do you believe you are permitted to hit your partner if she does or says something that you don't like?
- Have you ever forced your partner to engage in sexual activities when she did not want to do so?

If you have answered "yes" to any of these questions, it is time to check your behavior. Battering behavior can only be stopped if the batterer decides to change and seek help. There are programs available to help.

Adapted from material prepared by Domestic Violence Project/SAFE House, Ann Arbor, MI

**This handout is gender specific because that is the reality of most relationship violence. According to a 2003 Crime Data Brief from the Bureau of Justice Statistics, more than 85% of victims of intimate partner violence are women and the majority of those committing violent acts are men.*