

## How to Recognize the Signs of an Abusive Relationship

Domestic violence can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner. The abuse that occurs in a domestic violence relationship can be physical, sexual, emotional, economic, or psychological. Any behaviors that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure or wound someone can be considered abusive. Domestic violence can happen to anyone regardless of race, age, sexual orientation, religion, socioeconomic background, or education level. It can also occur in couples who are married, living together or who are dating. The following questions will help you to assess your own relationship for signs of abuse:



### **Signs of Emotional Abuse**

*Does your partner...*

- Call you names, insult you or continually criticize you?
- Not trust you and act jealous or possessive?
- Try to isolate you from family or friends?
- Monitor where you go, who you call and who you spend time with?
- Not want you to work?
- Control finances or refuse to share money?
- Punish you by withholding affection?
- Expect you to ask permission?
- Threaten to hurt you, the children, your family, or your pets?
- Humiliate you in any way?

## **Signs of Physical Abuse**

*Has your partner ever...*

- Damaged property when angry (thrown objects, punched walls, kicked doors, etc.)?
- Pushed, slapped, bitten, kicked or choked you?
- Abandoned you in a dangerous or unfamiliar place?
- Scared you by driving recklessly?
- Used a weapon to threaten or hurt you?
- Forced you to leave your home?
- Trapped you in your home or kept you from leaving?
- Prevented you from calling police or seeking medical attention?
- Hurt your children?
- Used physical force in sexual situations?

## **Signs of Sexual Abuse**

*Has your partner ever...*

- Accused you of cheating or acted jealous of your outside relationships?
- Pressured you to dress in a sexual way?
- Insulted you in sexual ways or called you sexual names?
- Forced or manipulated you into to having sex or performing sexual acts?
- Held you down during sex?
- Demanded sex when you were sick, tired, or after hurting you?
- Hurt you with weapons or objects during sex?
- Involved other people in sexual activities with you against your wishes?
- Ignored or discounted your feelings regarding sex?

**If you answered 'yes' to any of these questions you may be in an abusive relationship. Please call the National Domestic Violence Hotline at 1-800-799-SAFE (7233), 1-800-787-3224 (TTY), or your local domestic violence center to get help.**

### **Dallas Area Domestic Violence Agencies: (24 hour Crisis Hotlines)**

Genesis Women's Shelter (Dallas).....	214.946.4357
The Family Place (Dallas).....	214.941.1991
Parkland Hospital Victim Intervention Support Center (Dallas).....	214.590.2926
Denton County Friends of the Family (Denton).....	940.382.7273
Safe Haven (Fort Worth).....	877.701.7233
Brighter Tomorrows (Grand Prairie).....	972.262.8383
Hope's Door (Plano).....	972.422.SAFE (7233)