

Signs of An Abusive Relationship:

- Your inner thoughts and feelings
- Your partner's belittling behavior

Do you:

- Feel afraid of your partner much of the time
- Avoid certain topics out of fear of angering your partner
- Feel that you can't do anything right for your partner
- Believe that you deserve to be hurt or mistreated
- Wonder if you're the one who is crazy
- Feel emotionally numb or helpless

Does your partner:

- Humiliate, criticize, or yell at you
- Treat you so badly that you're embarrassed for friends or family to see
- Ignore or put down your opinions or accomplishments
- Blame you for his or her abusive behavior
- See you as property or a sex object rather than a person
- Have a bad and unpredictable temper
- Hurt you or threaten to hurt or kill you
- Threaten to take your children away or harm them
- Threaten to commit suicide if you leave
- Force you to have sex
- Destroy your belongings
- Act excessively jealous and possessive
- Control where you go or what you do
- Prevent you from seeing friends or family
- Limit your access to money, a phone, the car
- Constantly check up on you

Additional information on domestic violence and abuse:

Help, treatment, intervention, prevention:

http://www.helpguide.org/mental/domestic_violence_abuse_types_signs_causes_effects.htm

Utah information:

<http://www.udvc.org>

Call the Utah information LINKLine: 1-800-897-link (5465)