

Am I in an abusive relationship?

After carefully reading each of the following statements, please answer YES or NO and identify the ones that best represent your situation.

- My spouse often yells at me;
- My spouse insults me or says hurtful things;
- My spouse denigrates and ridicules me;
- My spouse constantly monitors what I do;
- My spouse controls my passwords on social media;
- My spouse checks my text messages;
- My spouse addresses me like I'm worthless;
- My spouse doesn't want me to work or study;
- My spouse says I'm a bad mother;
- My spouse demeans me in front of my children;
- My spouse throws or breaks objects;
- My spouse threatens he'll hurt me or my family;
- My spouse resents the time I spend with my friends and family;
- My spouse gets angry when I talk to other men;
- My spouse sulks or gets angry if I refuse to have sex with him;
- My spouse insists that I accept sexual acts that I don't like;
- My spouse takes money from me and does not reimburse me;
- My spouse requires me to use my own name to make credit inquiries;
- My spouse has been physical, like pushing or slapping me.

We understand that every element, when considered separately, may seem trivial, but the accumulation of these behaviors are manifestations of control and must be taken seriously.

If you answered YES to a few of these questions, it is possible that domestic violence is in the process of forming in your relationship. These answers are hints of unhealthy dynamics and that your spouse may be controlling you.

Do you feel there is something wrong with your relationship, but are not sure you understand how or why this is happening?

Do you often question yourself or doubt your own perceptions?

In spite of all your efforts, are you under the impression that the situation isn't improving or that it is getting worse? Do you feel responsible, guilty, or shameful?

Did answering these questions help you reflect on your current situation?

Do you feel the need to discuss it? If so, call us!