

Am I in an Abusive Relationship?

Self Assessment Questionnaire

There are many signs and indicators that you may be in an abusive relationship. Below are a series of statements that may indicate that you are. This list is not definitive but provides some indicators of an unhealthy relationship. If you are concerned then contact the helpline on 0800 980 3331 for further advice and support. Do not attempt to tackle the abuse without speaking to the helpline as this may put yourself at increased risk of harm.

My partner teases me in a hurtful way in public

My partner calls me names such as stupid..... or worse

My partner acts jealous of my friends and/or family

My partner checks up on me by phone or coming to my home/work

My partner gets someone else to check up on me

My partner insists I tell them who I am on my phone with/interacting with

My partner blames me for their bad mood or problems

My partner gets angry easily, I walk on eggshells

My partner throws or destroys things when they are angry

My partner hits walls/drives dangerously or does other things to scare me

My partner drinks a lot or takes drugs

My partner insists that I drink or take drugs when they do

My partner accuses me of being interested in someone else

My partner reads my texts/emails and goes through my bag

My partner keeps my money from me

My partner has threatened to hurt me



**WORCESTERSHIRE FORUM
AGAINST DOMESTIC ABUSE
& SEXUAL VIOLENCE**

Stronger Together

0800 980 3331

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My partner has threatened to hurt my family or friends

My partner has hurt me

My partner has hurt someone who is my family or friend

My partner has threatened to harm my or someone else's pets

My partner has actually hurt my or someone else's pets

My partner has threatened suicide if I leave

My partner has struck me with his hands or feet (punched/slap/kick)

My partner has struck me with an object/threatened me with a weapon

My partner has given me visible injuries (bruises/welts/cuts)

I have had to administer first aid to myself due to injuries from my partner

My injuries from my partner have meant I needed medical treatment

My partner forces me to have sex when I don't want to

My partner forces me to have sex in ways that I don't want to

My partner has been in trouble with the police

My partner acts one way in front of others and another way when we are alone

My partner is secretive or lies about past relationships

I feel isolated or alone and have no one I can really talk with

I have lost friends because of my partner or some of their actions

I no longer see my family or friends because of my partner

I have thought about calling the police because my partner scares me

I have thought about calling the police because my partner has been violent

I have actually called the police on one or more occasions because of my partner

I am afraid to call the police because of threats from my partner

I live in fear of the consequences of telling anyone I'm being abused



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