

AM I BEING ABUSED CHECKLIST

Look over the following questions. Think about how you are being treated and how you treat your partner. Remember, when one person scares, hurts or continually puts down the other person, it IS abuse.

Does your partner...

- Embarrass or make fun of you in front of your friends or family?
- Put down your accomplishments or goals?
- Make you feel like you are unable to make decisions?
- Use intimidation or threats to gain compliance?
- Tell you that you are nothing without them?
- Treat you roughly - grab, push, pinch, shove or hit you?
- Call you several times a night or show up to make sure you are where you said you would be?
- Use drugs or alcohol as an excuse for saying hurtful things or abusing you?
- Blame you for how they feel or act?
- Pressure you sexually for things you aren't ready for?
- Make you feel like there "is no way out" of the relationship?
- Prevent you from doing things you want - like spending time with your friends or family?
- Try to keep you from leaving after a fight or leave you somewhere after a fight to "teach you a lesson"?

Do You...

- Sometimes feel scared of how your partner will act?
- Constantly make excuses to other people for your partner's behavior?
- Believe that you can help your partner change if only you changed something about yourself?
- Try not to do anything that would cause conflict or make your partner angry?
- Feel like no matter what you do, your partner is never happy with you?
- Always do what your partner wants you to do instead of what you want?
- Stay with your partner because you are afraid of what your partner would do if you broke up?

If any of these are happening in your relationship, talk to someone. Without some help, the abuse will continue.

Your Domestic Violence Survival Kit

Protecting Yourself in a Dangerous Relationship

Print and Carry with you

If you are still in the relationship:

- Think of a safe place to go if an argument occurs; avoid rooms with no exits (bathroom) or rooms with weapons (kitchen).
- Think about and make a list of safe people to call.
- Keep change with you at all times.
- Memorize all important numbers.

COURTESY OF: <http://wadv.org/abused.htm>

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- Establish a code word or sign so that family, friends, teachers or coworkers know when to call for help.
- Think about what you will say to your partner if he or she becomes violent.
- Remember you have the right to live without fear and violence.

Your Personal Safety Plan

The following steps are my plan for increasing my safety and preparing to protect myself in case of further abuse. Although I can't control my abuser's violence, I do have a choice about how I respond and how I get to safety. I will decide for myself whether and when I will tell others that I have been abused or that I am still at risk. Friends, family and coworkers can help protect me, if they know what is happening and what they can do to help.

To increase my safety, I can do some or all of the following:

When I have to talk to my abuser in person, I can

When I talk to my abuser on the phone, I can

I will have a code word for my family, coworkers or friends, so they know when to call for help for me. My code word is _____

When I feel a fight coming on, I will try to move to a place that is lowest risk for getting hurt such as (at work)_____, (at home)_____, (in public)_____.

I can tell my family, coworkers, boss or a friend about my situation.

I feel safe telling: _____

I can use an answering machine or ask my coworkers, friends or other family members to screen my calls and visitors.

I have the right to not receive harassing phone calls.

I can ask to help screen my phone calls. (home)_____ (work) _____

I can keep change for phone calls with me at all times.

I can call any of the following people for assistance or support if necessary and can ask them to call the police if they see my abuser bothering me.

Friend _____

Relative _____

Coworker _____

Counselor _____

Shelter _____

Other _____

When leaving work I can:

When walking, riding or driving home, if problems occur, I can:

I can attend a support group for women who have been abused. Support groups are:_____

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Telephone numbers I need to know:

- Police/Sheriff's Department: _____
- Probation officer: _____
- Domestic violence/sexual assault program: _____
- Counselor: _____
- Clergy: _____
- Lawyer: _____
- Other: _____

After you have left the relationship:

- Change your phone number.
- Screen calls.
- Save and document all contacts, messages, injuries or other incidents involving the batterer.
- Change locks if the batterer has a key.
- Avoid staying alone.
- Plan how to get away if confronted by an abusive partner.
- If you have to meet your partner, do it in a public place.
- Vary your routine.
- Notify school and work contacts.
- Call a shelter for battered women.

The National Domestic Violence Hotline
1-800-799-SAFE (7233) 1-800-787-3224 (TDD)