

# The Northern Westchester Shelter

A Safe Haven for Victims of Domestic Violence

## SIGNS OF ABUSE

Look over the following questions. Think about how you are being treated and how you treat your partner. When your partner continually threatens, scares, or hurts you, it's abuse.

### DOES YOUR PARTNER...

- Embarrass you in front of your friends or family?
- Put down your accomplishments or goals?
- Monopolize your time and attention?
- Control all the money?
- Blame you for bringing out the worst in him?
- Act extremely jealous or possessive?
- Try to control what you say and what you wear?
- Treat you roughly—grab, push, shove, or hit you?
- Use drugs or alcohol as an excuse for saying hurtful things or abusing you?
- Prevent you from working or doing things that you want?
- Isolate you from your friends and family?
- Keep you from leaving after a fight, or leave you somewhere after a fight to "teach you a lesson"?
- Make you feel like everything that doesn't go right is your fault?
- Have a history of abuse in his family?
- Make you feel like there is no way out of this relationship?

### Do You...

- Sometimes feel scared of how your partner will act?
- Constantly make excuses to other people for your partner's behavior?
- Believe 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 to do instead of what you want to do?
- Stay with your partner only because you are afraid of what will happen if you break up?

If any of these are happening in your relationship, talk to someone.

Without some help, the abuse will continue to happen.

No one asks or deserves to be abused. For Free and Confidential Advice call:

The Northern Westchester Shelter: (914) 238-2800