

Warning Signs of Abusive Situations



Situation	✓	Form of Abuse/Risk
Have you ever...		
1. felt scared of someone's temper?		
2. needed to justify everything you do, everywhere you go, and everyone you see to avoid someone's anger?		
3. been in situations where someone "puts you down" but then says, "I love you"?		
4. been afraid to end a relationship because he or she has threatened to hurt you?		
5. felt like you had to "walk on eggshells" so he or she wouldn't get mad?		
6. been afraid to say "No" to your friend?		
7. been afraid to say "No" to sex?		
8. been hit, pushed, grabbed, kicked, and/or shoved?		
9. been wrongly accused of flirting with others?		
10. been criticized for how you look, talk, or dress?		
11. been told you can't go out or join a club/team without someone's permission?		
12. been humiliated or "put down" in front of your friends?		
13. felt you couldn't tell anyone because either the person wouldn't believe you or would think you are stupid to stay in the relationship?		
14. threatened your friend to get what you want?		
15. thrown or broken things in anger in front of your friend?		
16. been jealous if someone spends time with others?		
17. needed to know where someone is and with whom?		
18. become abusive or violent when you were drinking or using drugs?		
19. forced someone to perform sexually?		
20. suggested that you might hurt yourself or commit suicide if he or she ends the relationship?		
21. called someone names?		
22. broken or taken something out of spite that someone treasured?		