



Lab AA-4 Violence in Relationships

Part I. Recognizing the Potential for Abusiveness

If you are concerned that a man you are involved with has the potential for violence, observe his behavior and ask yourself these questions.

1. What is this person's attitude toward women? How does he treat his mother and his sister? How does he work with female students, female colleagues, or a female boss? How does he treat your women friends?
2. What is his attitude toward your autonomy? Does he respect the work you do and the way you do it? Or does he put it down, or tell you how to do it better, or encourage you to give it up? Does he tell you he'll take care of you?
3. How self-centered is he? Does he want to spend leisure time on your interests or his? Does he listen to you? Does he remember what you say?
4. Is he possessive or jealous? Does he want to spend every minute with you? Does he cross-examine you about things you do when you're not with him?
5. What happens when things don't go the way he wants them to? Does he blow up? Does he always have to get his way?
6. Is he moody, mocking, critical, or bossy? Do you feel as if you're "walking on eggshells" when you're with him?
7. Do you feel you have to avoid arguing with him?
8. Does he drink too much or use drugs?
9. Does he refuse to use condoms or take other precautions for safer sex?

(over)

LAB AA-4 (continued)

Experts summarize their advice to women this way: Listen to your own uneasiness, and stay away from any man who disrespects women, who wants or needs you intensely and exclusively, and who has a knack for getting his own way almost all the time.

Part II. Recognizing Signs of Abuse

Yes No

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|-------|-------|---|
| _____ | _____ | 1. Does your partner constantly criticize you, blame you for things that are not your fault, or verbally degrade you? |
| _____ | _____ | 2. Does he humiliate you in front of others? |
| _____ | _____ | 3. Is he suspicious or jealous? Does he accuse you of being unfaithful or monitor your mail or phone calls? |
| _____ | _____ | 4. Does he "track" all your time? Does he discourage you from seeing friends and family? |
| _____ | _____ | 5. Does he prevent you from getting or keeping a job or attending school? Does he control your shared resources or restrict your access to money? |
| _____ | _____ | 6. Has he ever pushed, slapped, hit, kicked, bitten, or restrained you? Thrown an object at you? Used a weapon on you? |
| _____ | _____ | 7. Has he ever destroyed or damaged your personal property or sentimental items? |
| _____ | _____ | 8. Has he ever forced you to have sex or to do something sexually you didn't want to do? |
| _____ | _____ | 9. Does he anger easily when drinking or taking drugs? |
| _____ | _____ | 10. Has he ever threatened to harm you or your children, friends, pets, or property? |
| _____ | _____ | 11. Has he ever threatened to blackmail you if you leave? |

If you answered yes to one or more of these questions, you may be experiencing domestic abuse. If you believe you or your children are in imminent danger, look in your local telephone directory for a women's shelter, or call 911.