**Domestic Abuse Warning Signs Quiz**

To help determine whether your relationship is abusive, answer the questions below. The more “yes” answers, the more likely it is that you're in an abusive relationship.

|  |  |  |
| --- | --- | --- |
| **Since being in this relationship…….** | Yes | No |
| You’re becoming a lot more critical of yourself, and you have less confidence and self-esteem. |  |  |
| You’re feeling more stressed or worried all the time; you feel nauseous or have bad butterflies. Sometimes stress can also stop us from eating and sleeping properly, or cause us to have headaches. |  |  |
| You have that ‘dreaded’ feeling more often. |  |  |
| You’re scared of how your partner will react to a situation, often more than the situation itself. |  |  |
| You avoid saying something because you don’t want to upset your partner. |  |  |
| You feel scared when your partner is angry because you can’t predict their behaviour. |  |  |
| You’re feeling a pressure to change who you are or move the relationship further than you want to. |  |  |
| You feel like you’re walking on eggshells around them. |  |  |
| You’re staying in more and seeing less of family and friends to avoid arguments with your partner. |  |  |
| **Does your partner:** |  |  |
| Accuse you of cheating? Are they excessively jealous? |  |  |
| Humiliate or yell at you? |  |  |
| Criticise you and put you down? |  |  |
| Blame you for their own abusive behaviour? |  |  |
| Have a bad and unpredictable temper? |  |  |
| Hurt you, or threaten you? |  |  |
| Threaten to commit suicide if you leave? |  |  |
| Manipulate or force you into having sex? |  |  |
| Destroy your belongings |  |  |
| Have sudden mood swings – like having two personalities. One minute nice, next minute exploding. One minute happy, next minute sad? |  |  |

**Total Number of Yes’s\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Total number of No’s\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**