

Does the Person You Love...?

A Guide for Women

Control all finances and force you to account for the money you spend?

Follow you, or show up at your work, school or friends' homes?

Put you down or call you names?

Force you to have sex when you don't want to?

Destroy personal property or sentimental items?

Discourage your relationships with family or friends?

Constantly accuse you of being unfaithful?

Monitor your actions and force you to account for your time?

Threaten to hurt you or your children or your pets?

Threaten to take your kids or call DHS on you?

Act like two different people (i.e., Dr. Jekyll and Mr. Hyde)?

Insult your racial, ethnic, cultural, religious, or class background?

Humiliate you through actions or words privately or in front of others?

Threaten to reveal your sexual identity to your family, work, or faith community?

Slap, shove, grab, hit, kick, punch or bite you or your children?

Ever say, "I can't live without you" or "I'd kill myself if you ever left me"?

Criticize you for little things or blame you for everything that goes wrong?

Minimize or deny things that s/he has done to you?

Use or threaten to use a weapon against you or your children?

Make you feel like you're walking on eggshells to avoid upsetting them?

If you find yourself answering “yes” to any of these questions, now is the time to get help.

Call the Battered Women's Project in state 24-hour hotline number 1-800-439-2323, out of state hotline number 207-769-8251