

## **Are You Abusive?**

- Have you ever hit, pushed, grabbed, threatened, frightened, strangled or intimidated your partner?
- Is your partner afraid of you?
- Do you stalk your partner or ex-partner?
- Are your children afraid of you?
- Are you concerned that your behavior is harming your relationship?
- Have you ever punched a wall, banged a table, or broken something during a disagreement?
- Have you ever grabbed your partner during a disagreement, attempted to stop them from leaving, locked them out or restrained them in any way?
- Do you pressure your partner to do things your way, even when you know your partner doesn't want to?
- Has your partner ever said 'you're always trying to control me'?
- Do you use names, put-downs or swearing to control your partner?
- Do you put the blame onto your partner for things you are responsible for?
- Have you cheated on your partner or been sexually abusive in other ways?
- Have you ever been accused of mistreating your children?
- Are you concerned that your children are being emotionally or psychologically harmed because of the way you treat your partner?
- Has your partner complained about jealous or possessive behavior on your part?
- When you do something that hurts your partner, do you just say "I'm sorry" and then expect acceptance of your apology without making any change in how you were hurtful?

**Men's hotline 415-924-1070**

[www.mankindprogram.org](http://www.mankindprogram.org)

Center for Domestic Peace, Home of Marin Abused Women's Services Phone: 415/457-2464 • Fax: 415/457-6457  
[www.centerfordomesticpeace.org](http://www.centerfordomesticpeace.org)

Women's hotline: 415/924-6616 Spanish Women's hotline 415/924-3456 Men's hotline 415/924-1070