

## **V. Warning Signs of Abuse**

There are many ways that your partner can be abusive. Below are a few signs that may indicate that you or someone you know could be in an abusive situation.

- Does your partner get jealous a lot? Does he wrongfully accuse you of sleeping with other men?
- Does your partner say things to make you feel bad about yourself or to hurt your feelings?
- Has your partner ever threaten to hurt you or your family?
- Is your partner cruel to animals?
- Does your partner monitor where you go or who you spend time with?
- Does your partner go through your purse or other personal things?
- Has your partner ever destroyed your property?
- Has he ever grabbed, pushed or shaken you?
- Has your partner ever demanded sex from you?
- Does he withhold money from you?
- Has he ever threatened you with a weapon?
- Has he threatened to take your children?
- Has he ever forced you into doing something that you did not want to do?
- Has your partner ever thrown anything at you?

If you answered yes to any of the questions above, you may be experiencing domestic violence. Know that you are not alone. There are other women, in your own community who have experienced many of the same things. There are steps that you can take to help keep yourself safe. The next few sections of this handbook will provide you with information that may help you decide what steps are right for you.