

## Does He...

- Constantly criticize your appearance?
- Tape record your conversations or keep a calendar of your “sins” to use against you later?
- Give you that certain “look” that instills fear?
- Belittle your accomplishments?
- Constantly contradict himself to confuse you?
- Isolate you from friends or family?
- Make you feel you are the one who is crazy?
- Use intimidation to get what he wants?
- Make you believe you can’t exist without him?
- Escalate his anger into physical violence?



## Does He ...

- Refuse to believe he has hurt you, refuse to get medical treatment for your injuries, or demand that you lie to the doctor about your injuries?
- Promise to change, but refuse to see a counselor?
- Bring you flowers and gifts after a violent episode, and promise never to do it again?
- Act insanely jealous and accuse you of cheating on him with any man you speak to or act friendly with?
- Physically and emotionally withdraw, and consistently give you the silent treatment?
- Keep you from using the phone or leaving the house?

**If you have said “yes” to many of the above questions, you have identified an abusive relationship and need to seek help *immediately*. Do not let fear immobilize you so much that you fail to take action.**

**Don’t ever forget that you have a choice!**

*FOCUS Ministries, Inc. 630/595-7023*  
[www.focusministries1.org](http://www.focusministries1.org)



## **Are You In An Abusive Relationship?**



**FOCUS Ministries, Inc.**  
**P. O. Box 2014**  
**Elmhurst, IL 60126**  
**630/595-7023**  
[paula@focusministries1.org](mailto:paula@focusministries1.org)  
[www.focusministries1.org](http://www.focusministries1.org)

# Do you . . .

- Believe you are to blame for your partner's abusive behavior?
- Feel if you could just change yourself in some way he would not treat you badly?
- Walk on eggshells to keep from making him angry?
- Do what he wants out of fear that he will hurt you or leave you?
- Stay with him because you are afraid he might hurt you if you leave, he might hurt himself, or he might take the children?
- Feel like a non-person with no rights to your feelings or thoughts?
- Lie to family and friends about your situation, or try to protect the abuser from being found out?
- Hide your injuries by wearing long sleeves, dark glasses, and scarves?



# Does He . . .

*consistently and habitually*

- Act one way in public and another way at home (Jekyll/Hyde)?
- Criticize you for little things and call you names?
- Become angry easily?
- Constantly accuse you of being unfaithful?
- Keep track of all your time?
- Discourage your friendships with family and friends?
- Prevent you from working or attending school?
- Control all the family finances and force you to beg for spending money, then demand an accounting for all you spend?
- Humiliate you in front of others?
- Destroy personal property or sentimental items?
- Hit, punch, slap, kick, pinch, or



bite you or the children?

- Use or threaten to use a weapon against you?
- Force you to have sex against your will?
- Blame you for anything that goes wrong?
- Disregard your feelings and distort what you say?
- Accuse you of actions and emotions which he has actually exhibited?
- Undermine your role as a parent in front of your children?
- Minimize your perceptions and force his opinions on you?
- Demand that you keep your mouth shut about family business?
- Lie to friends, pastor, and counselors about your situation?
- Threaten to turn the children against you or gain custody?
- Coerce you to do something illegal or questionable?
- Punch holes in the walls with his fist or your head?

