

HANDOUT...

Examining Your Relationship**What are your rights in a relationship?**

- To express your opinions and have them be respected.
- To have your needs be as important as your partner's needs.
- To grow as an individual in your own way.
- To change your mind.
- To not take responsibility for your partner's behavior
- To not be physically, emotionally, verbally or sexually abused.
- To break up with or fall out of love with someone and not be threatened.
- To be intimate in a way that makes you both comfortable and happy.

Are you being abused?

- Are you frightened by your partner's temper?
- Are you afraid to disagree?
- Are you constantly apologizing for your partner's behavior, especially when they have treated you badly?
- Do you have to justify everything you do, everywhere you go, and everyone you see just to avoid your partner's anger?
- Does your partner put you down, but then tell you that they love you?
- Have you ever been hit, kicked, shoved or had things thrown at you?
- Do you not see friends or family because of your partner's jealousy?
- Have you ever been forced to have sex?
- Are you afraid to break up because your partner has threatened to hurt you or themselves?
- Has your partner ever threatened your life or the life of someone close to you, including a pet?

Are you being abusive?

- Do you constantly check up on your partner and accuse them of cheating or lying?
- Are you extremely jealous or possessive?
- Do you have an explosive temper?
- Have you hit, kicked, shoved, or thrown things at your partner?
- Do you constantly criticize or insult your partner?
- Do you become violent when you use drugs or alcohol?
- Do you use threats or intimidation to get your way?
- Have you ever forced your partner to have sex with you through threats?
- Have you ever threatened your partner with physical harm?
- Have you threatened to hurt yourself or someone else if your partner breaks up with you?

If you feel that you are in an abusive relationship, you are not alone. There is help available for you or someone you know who suffers in an abusive relationship.

If you are engaging in abusive or controlling behaviors, seek help to make a positive change toward choosing healthier behaviors.