ARE YOU BEING PHYSICALLY OR EMOTIONALLY HURT?

HAVE YOU EVER BEEN HIT, KICKED, PUSHED, OR OTHERWISE HURT OR MISTREATED BY SOMEONE IMPORTANT TO YOU?

IS THAT SOMEONE YELLING AT YOU, THREATENING YOU, OR OTHERWISE TRYING TO CONTROL YOUR LIFE?

THE FOLLOWING QUESTIONS ARE TO HELP YOU DECIDE IF YOU ARE IN AN ABUSIVE RELATIONSHIP:

- Is your partner jealous or possessive?
- Does your partner track all your time?
- Are you afraid of what your partner will do if he/she becomes angry?
- Has your partner ever threatened to hurt you?
- Has our partner ever struck you?
- Are you continually lied to and manipulated?
- Do you feel it is your responsibility to make this relationship work?
- Are you uncomfortable with your partner's "playful slapping" or shoving?
- Are you afraid to end this relationship?
- Do you find yourself protecting the children from harm?

IF YOU WOULD LIKE TO TALK TO SOMEONE, WE ARE HERE TO SUPPORT YOU.
ISOLATION IS A COMMON EXPERIENCE OF ABUSE,
PLEASE KNOW YOU ARE NOT ALONE AND WE WANT YOU TO BE SAFE.

SOUTHERN VALLEY ALLIANCE
FOR BATTERED WOMEN
952-873-4214

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