

Abuse Checklist:

Recognizing Red Flags in Your Relationship

PHYSICAL ABUSE

- Has there been any instance of physical violence or threats?
- Do you feel unsafe due to your partner's physical actions?
- Are there unexplained injuries or bruises?

EMOTIONAL/PSYCHOLOGICAL ABUSE

- Does your partner engage in constant criticism or belittling?
- Is there a pattern of control and manipulation in your relationship?
- Do you often feel fearful, anxious, or on edge?

VERBAL ABUSE

- Are there frequent instances of name-calling or insults?
- Does your partner use harsh language to demean or humiliate you?
- Are there threats or intimidation through words?

ISOLATION

- Has your partner tried to isolate you from friends or family?
- Are you restricted from socializing or communicating with others?
- Do you feel a sense of loneliness or being cut off from support?

FINANCIAL CONTROL

- Does your partner control your finances or limit your access to money?
- Are there restrictions on your ability to work or pursue financial independence?

GASLIGHTING

- Does your partner deny or downplay their actions, making you question your reality?
- Are there consistent attempts to make you feel like you're overreacting or imagining things?

SEXUAL ABUSE

- Are there instances of non-consensual sexual acts?
- Do you feel pressured or coerced into sexual activities?
- Is your autonomy and consent respected in intimate situations?

INTIMIDATION

- Has your partner used threats or intimidating behavior to control you?
- Do you feel a sense of fear or unease in your partner's presence?

OTHERS

- Is your partner engaging in stalking behaviors, such as constant surveillance or tracking your movements and activities?
- Has your partner made threats or engaged in harmful behavior towards your pets or loved ones?

OTHERS

- Does your partner pressure or force you to use substances against your will?
- Is there a pattern of abusive behavior followed by apologies and promises to change, only for the cycle to repeat?

This checklist is a starting point for reflecting on your experiences. Remember, abuse can be different for everyone, so it's important to get professional help if you find many items on the checklist related to your experiences.

Reach out to a therapist, counselor, or helpline for support and guidance.