Is My Relationship Abusive?

To figure out whether you may be in an abusive or potentially abusive relationship, answer these questions about how your date treats you:

1. Does my date ever hit, slap, shove, kick or restrain me?
2. Does my date ever threaten to hurt me?
3. Does my date call me names or insult me?
4. Does my date become jealous if I talk to or go places with other people?
5. Does my date make me tell where I am all the time?
6. Does my date blame alcohol or drugs for becoming angry and losing control?
7. Does my date ever touch me without my permission or force me to have sex against my will?
8. Does my date threaten to commit suicide if I try to leave the relationship?
9. Am I afraid to disagree with my date?
10. When I spend time with other people, does my date become angry and accuse me of cheating?
11. Do I avoid seeing friends or doing things because I'm afraid my date will get angry?

If you answer "yes" to any of these questions, you may be in a problem relationship. If there is a pattern to these behaviors, you could even be at risk of emotional and/or physical harm. Talk to someone now about getting help.

Source: Adolescent Health Initiative of the West Virginia Bureau for Public Health