

DO YOU

- get very jealous?
- have difficulty expressing emotions?
- have an explosive, uncontrolled temper?
- criticize or put down your *S.O. a lot?
- use drugs or alcohol heavily?
- refuse to accept "NO" for an answer?
- try to control your S.O.'s behavior, friends, activities and decisions?
- have to be in control and in charge?
- believe that women and children are less valuable than men, powerless, and owned by the men in their lives?
- break things, throw things at, hit, shove, kick, choke, twist, burn, pull, force sex on your S.O., or harm her/his pets?
- believe using violence is an acceptable way to keep your partner or children under your control?
- believe they deserve to be hurt or asked for it?
- fear your *S.O.'s temper?
- often give in to your S.O. because you are afraid to hurt his/her feelings?
- feel responsible when your S.O. is upset about anything?
- feel guilty and apologize for your S.O.'s behavior when he/she treats you badly?
- make decisions about activities and friends based on what your S.O. wants or how she/he will react?
- believe you have no value or status without your S.O.?
- get hit, kicked, shoved, choked, burned, pulled, twisted, forced into sex, had things thrown at you?
- had possessions destroyed, or pets harmed by your S.O.?
- use drugs or alcohol, runaway from home, have an eating disorder from trying to escape your S.O.'s behavior?
- believe that you deserve the violence?

If most of these characteristics fit you, you are probably using violence to control the important people in your life. You may even be committing a crime. Seek help for yourself and those you care about. You can change your behavior if you want to change it and learn to treat those you love with respect instead of violence.

If most of these characteristics fit you, you may be in danger. No one has the right to control you or harm you. You do not deserve to be treated violently or without respect. You are not responsible for what others do to you, for their behavior or their feelings. You have the right to be safe, in control of your life and to seek help.

- *S.O. = Significant Other = Husband, Wife, Girl/Boyfriend, Child, Parent, Friend, etc.

HELP IS AVAILABLE



24 Hour Hotline: 724.836.1122

Toll-Free: 1.888.832.2272

www.blackburncenter.org

www.pcar.org

www.teenpcar.org

www.chooserespect.org

www.menagainstsexualviolence.org

