

## **IS IT DOMESTIC ABUSE?**

**If you feel you may be suffering from domestic abuse please answer the following questions.**

**Q1.** Does this person make you feel nervous around them or scared of what they are going to say or do to you?

Yes

No

**Q2.** Does this person make fun of you in front of their friends or yours?

Yes

No

**Q3.** Does this person say that they think it is OK for someone to hit or frighten their partner, or excuse someone who has?

Yes

No

**Q4.** Does this person tell you that if you behaved differently they wouldn't have to abuse you?

Yes

No

**Q5.** Does this person criticise you or make you feel bad about yourself?

Yes

No

**Q6.** Does this person make you do things that you don't want to do?

Yes

No

**Q7.** Does this person insist on knowing where you are all the time?

Yes

No

**Q8.** Does this person make you feel anxious, ashamed or humiliated?

Yes

No

**Q9.** Does this person threaten to, or actually behave badly towards your children?

Yes

No

**Q10.** Does this person get angry if you speak with another man/woman?

Yes

No

You answered **YES** to **at least one** of the questions it's time to think about [getting help](#).

You don't have to put up with domestic abuse.