

## Are you in an abusive relationship?



Does your partner demand to know where you are at all times?

Does your partner constantly accuse you of being unfaithful? Does your partner check your phone, mail, e-mail, etc.?

Does your partner frequently call you at work or show up at your workplace unannounced?

Does your partner discourage you from working or going to school?

Does your partner control all the money? Does your partner give you an “allowance” or force you to be on a budget?

Have you stopped spending time with friends or family members because of your partner?

Does your partner criticize you or humiliate you in front of others?

Does your partner frighten or intimidate you when he/she is angry? Do you “walk on eggshells” around your partner?

Do you feel manipulated by your partner?

\*Does your partner blame you for all of the problems in your relationship?

\*Does your partner blame you for all of the problems in his/her life?

\*Does your partner tell you that you are “crazy,” “stupid,” or “psycho?”

\*Does your partner call you “bitch,” “asshole,” “slob,” “lazy,” “worthless,” “jerk,” “loser,” “slut,” etc.?

\*Does your partner tell your children negative things about you?

\*Does your partner call you a “bad mother” or a “bad father?”

Does your partner threaten to leave and take the kids away from you? Has your partner threatened you or your children?

Has your partner ever hit, pushed, slapped, pinched, pulled hair, kicked, punched, grabbed, bitten, shaken, choked or restrained you?

Has your partner ever threatened you, your children or a pet with a weapon, directly or indirectly?

Has your partner ever threatened to kill you or him-/herself if you leave?

Are you ever afraid of what your partner might be capable?

Has your partner ever forced, coerced or manipulated you into engaging in sexual acts that you did not want to do?

If there is a pattern of one or more of these behaviors, you are in an abusive relationship. If you answered “yes” to any of the items with an asterisk (\*), do you believe, or are you starting to believe the things your partner says? An abuser’s main job is to destroy your self-confidence and self-esteem so that you cannot leave. This is the time when you need someone to understand and support you. I have worked with both perpetrators and victims of partner violence for more than seven years, so I bring that experience and a very pragmatic approach to this problem. Please, get help as soon as you can. Don’t wait, thinking things will get better — they won’t.

### Other sources of support:

Call the National Domestic Violence Hotline @ 1.800.799.SAFE. [www.hdvh.org](http://www.hdvh.org)

Call SafePlace @ 512.267.SAFE. They offer shelter for male or female victims and their children. They also provide group- and individual counseling and legal resources to help you get your life back on track. [www.austin-safeplace.org](http://www.austin-safeplace.org)

Call the Travis County Attorney’s Office Protective Orders Division @ 512.854.9415.

Call the Texas Advocacy Project for legal assistance in domestic violence cases @ 512.476.5377. [www.women-law.org](http://www.women-law.org)

Call **911** if your partner uses physical violence or the threat of physical violence against you or your children. Family violence is a crime and the local authorities take it very seriously.

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