

A VIOLENCE SELF-QUIZ

Questions for Potential Victims:

- | | | |
|---|-----|----|
| 1. Do the things he/she says make me feel unworthy, stupid "and less than"? | YES | NO |
| 2. Do I feel violated in any way by him/her? | YES | NO |
| 3. Do I feel that he/she is my only option for a relationship? | YES | NO |
| 4. Do I feel like he/she is doing me a favor by dating me? | YES | NO |
| 5. Does he/she hit, slap, push or kick me? | YES | NO |
| 6. Do I feel intimidated or controlled by him/her? | YES | NO |
| 7. Do I feel pressured sexually? | YES | NO |
| 8. Do I feel that I must give up my friends for him/her? | YES | NO |
| 9. Do I "walk on eggshells" for fear of upsetting him/her? | YES | NO |

Questions for Potential Abusers:

- | | | |
|--|-----|----|
| 1. Have I seen abuse in my family? | YES | NO |
| 2. Do I view him/her as my personal possession? | YES | NO |
| 3. Do I feel that my way is the only way? | YES | NO |
| 4. Do I try to intimidate or control him/her? | YES | NO |
| 5. Do I feel that he/she is lucky to have me, and should do anything I want? | YES | NO |
| 6. Do I feel jealous about the time and attention he/she pays others? | YES | NO |
| 7. Do I feel like it's his/her fault if I get angry? | YES | NO |
| 8. Do I use my fists and/or words to strike out at him/her to get what I want? | YES | NO |