



## Are You Being Emotionally Abused?

Take a moment to consider these questions. Your partner might have behaved as though these things were okay, even though they aren't okay...:

- ✧ Do you feel that you can't discuss with your partner what is bothering you?
- ✧ Does your partner frequently criticize you, humiliate you, or undermine your self-esteem?
- ✧ Does your partner ridicule you for expressing yourself?
- ✧ Does your partner isolate you from friends, family or groups? Does your partner limit your access to work, money or material resources?
- ✧ Has your partner ever stolen from you? Or run up debts for you to handle?
- ✧ Does your relationship swing back and forth between a lot of emotional distance and being very close?
- ✧ Have you ever felt obligated to have sex, just to avoid an argument about it?
- ✧ Do you sometimes feel trapped in the relationship?
- ✧ Has your partner ever thrown away your belongings, destroyed objects or threatened pets?
- ✧ Are you afraid of your partner?

*If you answered yes to any of these questions and would like more information on domestic violence please call OCADVSA.*

Oklahoma Coalition Against Domestic Violence & Sexual Assault

[www.ocadvsa.org](http://www.ocadvsa.org) ~ (405) 524-0700

