

# Domestic Violence Checklist

Provided by the National Domestic Violence Hotline (1-800-799-7233)

Look over the following questions. Think about how you are being treated and how you treat your partner. Remember, when one person scares, hurts or continually puts down the other person, it's abuse.

## Does your partner...

- Embarrass you with bad names and put-downs?
- Look at you or act in ways that scare you?
- Control what you do, who you see or talk to, or where you go?
- Stop you from seeing or talking to friends or family?
- Take your money or Social Security, make you ask for money or refuse to give you money?
- Make all the decisions?
- Tell you you're a bad parent or threaten to take away or hurt your children?
- Act like the abuse is no big deal, it's your fault, or even deny doing it?
- Destroy your property or threaten to kill your pets?
- Intimidate you with guns, knives or other weapons?
- Shove you, slap you or hit you?
- Force you to drop charges?
- Threaten to commit suicide?
- Threaten to kill you?

If you checked even one of these, you may be in an abusive relationship. If you need help, call the Oklahoma Department of Mental Health and Substance Abuse Services' **"Safeline"** at **1-800-522-7233** or the **National Domestic Violence Hotline at 1-800-799-7233**.

