

# How to Know If You Are in an Abusive Relationship

Are you being abused?

Ask yourself these questions about your husband or boyfriend....

- Are you unable to use the phone freely—or are your phone calls, mail or email monitored?
- Are you not allowed to have friends of your choice, or see friends or talk to friends when you want to?
- Does your husband or boyfriend insist on controlling your finances, or giving you “an allowance?” Does he keep you in the dark about the family finances? Does he prevent you from working?
- If you work do you turn over your paycheck to your partner?
- Does he make major family decisions without your input or against your wishes?
- Is only your husband or boyfriend’s name on the car, house, checking account, credit cards etc?
- Are you not allowed to drive, go to school, get a job or otherwise make major life decisions for yourself?
- Do you have to account for your time? Does your husband or boyfriend have to know where you have been, who you talked to, how long you were there? If your husband or boyfriend calls you at home, does he expect you to always be there?
- Does your husband or boyfriend require you to be back at a specified time?
- Does he use “manipulative kindness?” In other words, does he do things that seem nice on the surface, but which are actually intended to control or manipulate you (for example, he may say he doesn't want you to go somewhere ... *because I'm worried you may get hurt*—or he may repeatedly say ...*I'm sorry* after he is mean to you, but he does not accept responsibility for his behavior or get real help for himself)?
- Does/has your husband or boyfriend hit you?
- Does your husband or boyfriend shove you?
- Does your husband or boyfriend show you weapons?
- Does your husband or boyfriend tell you how to dress?

- Does your husband or boyfriend kick or choke you?
- Does your husband or boyfriend ever threaten to kill you or himself (if, for example, you ever leave him)? Does your husband or boyfriend punch the walls or break things in anger?
- Does your husband or boyfriend keep you from seeing your family?
- Does your husband or boyfriend call you names, mock you, make false accusations?
- Does your husband or boyfriend blame you, yell, swear or make humiliating remarks or gestures?
- Does your husband or boyfriend insist on his own way through using guilt or sulking?
- Does your husband or boyfriend use other forms of intimidation, such as breaking things?
- Does your husband or boyfriend threaten to withhold money if you don't do things his way?
- Does your husband or boyfriend manipulate the children, try to turn them against you or get them to "side with him" in disagreements?
- Does your husband or boyfriend twist or misuse scriptures to justify controlling, bullying or mistreating either you or the children? Does he insist that you "submit" to his desires without respecting your opinions?
- Does your husband accuse of you not being a good Christian (wife) if you disagree with him?
- Does your husband or boyfriend believe that it is his God given right and responsibility to "keep you in line"?
- Does he act like a very different person at work or at church so that no one knows or believes that he is bully at home?
- Have you told Christian friends or your pastor about what is happening, only to have them not believe you or even blame you for your husband's behavior?

**IF YOU HAVE ANSWERED "YES" TO ANY OF THESE QUESTIONS, THEN YOU MAY BE IN AN ABUSIVE RELATIONSHIP.**

God does not want or expect you to be abused verbally, emotionally or physically. This type of abuse will get worse over time. It never stops without a very significant long-term intervention. The person who is abusing you must accept responsibility, want help, genuinely repent and "become a new person" in order to change. This is a lifelong process. In the meantime, nothing is more important than the safety of you and your children!! You cannot make your abuser change, since you are the object of his abuse. However, help is available for everyone in your family.

Although *PASCH* does not have a counseling phone line, you may call the number below—toll-free—24 hours a day, to talk to someone who will understand, give you information, and make a possible referral to counselors who can help.

Please call the ...

**National Domestic Violence Hotline  
at 1-800-799-SAFE (7233)**

... or 1-800-787-3224 (TTY)