

Is it Abuse?

Ask yourself the following questions. If you answer yes to any of them you may want to contact a community advocate to discuss your situation. The information you provide them will remain confidential.

- Are you frightened by your partner's temper?
- Are you afraid to disagree?
- Do you have to justify everything you do, every place you go, or every person you see to avoid someone's anger?
- Does your partner put you down and then tell you that they love you?
- Do you stay away from friends or family because your partner will be jealous?
- Have you been forced or coerced into having sex when you didn't want to?
- Are you afraid to break up because others have threatened to hurt you or themselves?
- Does your partner hurt you, physically, verbally, emotionally?
- Do you feel controlled?
- Do you feel isolated because your partner tries to come between you and your supportive loved ones?
- Does your partner give you the silent treatment?
- Does your partner act like your feelings don't matter or that you are over reacting?
- Do you feel intimidated or controlled by your partner's or your own extended family?
- Does someone withhold medication that you need to stay healthy?
- Does my partner make you prioritize their needs and neglect your own?

WoMens Rural Advocacy Center: 507-637-3040

Minnesota Indigenous Women's Society: 507-627-4357

New Horizons Crisis Center: 507-637-5570