

This questionnaire is designed to help you realize if you are in an abusive relationship or not. For questions 1-14 the answers and point values are as follows:

**Frequently- 3; Sometimes -2; Rarely -1;  
Never -0**

1. \_\_\_ Does your partner continually monitor your time and make you account for every minute (when you run errands, visit friends, etc.)?
2. \_\_\_ Does your partner ever accuse you of having affairs or act suspicious that you are having affairs?
3. \_\_\_ Is your partner ever rude to your friends?
4. \_\_\_ Does your partner ever discourage you from starting friendships with other people?
5. \_\_\_ Do you ever feel isolated or alone, as if there's no one close for you to confide in?
6. \_\_\_ Is your partner overly critical of daily things, like your clothing or your appearance?
7. \_\_\_ Does your partner demand a strict account of how you spend your money?
8. \_\_\_ Does your partner's mood change radically from very calm to very angry, or vice versa?
9. \_\_\_ Is your partner disturbed by you working or by the thought of you working?
10. \_\_\_ Does your partner become angry more easily when drinking?
11. \_\_\_ Does your partner pressure you for sex more often than you would like?
12. \_\_\_ Does your partner get angry if you don't want to go along with his/her sex requests?
13. \_\_\_ Do you quarrel much over financial matters?
14. \_\_\_ Do you quarrel much about having children or raising them?

For question 15-27 the answers and point values are as follows:

**Frequently -6; Sometimes -5; Rarely -4; Never -0**

15. \_\_\_ Does your partner ever strike you with hands or feet?
16. \_\_\_ Does your partner ever strike you with an object?
17. \_\_\_ Does your partner ever threaten you with an object or weapon?
18. \_\_\_ Does your partner ever threaten to commit suicide or kill you?
19. \_\_\_ Does your partner ever give you visible injuries (lumps, welts, etc.)?
20. \_\_\_ Have you ever had to treat any injuries from your partner with first aid?
21. \_\_\_ Have you ever had to seek professional help from any of your injuries from your partner?
22. \_\_\_ Does your partner ever make you engage in sex against your will?
23. \_\_\_ Is your partner ever violent toward children?
24. \_\_\_ Is your partner ever violent to other people outside of your family and home?
25. \_\_\_ Does your partner ever throw objects or break things when angry?
26. \_\_\_ Has your partner ever had trouble with the police?
27. \_\_\_ Did you ever call the police or try to call the police because you thought you were in danger?

Add up your points on each question. This sum is your Abuse Index Score.

**Score Chart:**

120-94 Dangerously Abusive; 93-37 Seriously Abusive; 36-15 Moderately Abusive; 14-0 Non-Abusive



# Dealing with an Abusive Relationship



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## The courage to leave

Realizing that you are in an abusive relationship is a big step. Other people often see it before you do. You may be surprised by a friend saying, “How can you let him/her treat you like that?” The shift in the balance of ‘power’ within an abusive relationship can be a gradual thing. The abusive behavior can begin quite subtly; the odd criticism here or odd sarcastic remark there. Bit by bit your self-esteem gets chipped away and because it’s so gradual, it can be hard to notice.

### **Making excuses for the abusive partner**

If you are like many who find themselves in abusive relationships you may make excuses for them or somehow feel you are to blame. They ‘love you really’ or are ‘under a lot of pressure from work.’ They make excuses: ‘You know I don’t mean it’ or ‘No one could ever love you like I do.’

These manipulations can get under your skin. But the fact is that abusive behavior is abusive no matter how it is wrapped.

### **An abusive relationship is not a relationship at all**

A trust relationship is mutually supportive and encouraging, you spend time talking to each other without fear of being judged, shouted at or worse, physically violated. You don’t attack one another’s personalities. You give negative feedbacks with a view that your partner is basically good and that any negatives are a small part of who they are – not everything!

## Safety first

Your safety is top priority. Violence is never acceptable and if you have started excusing any violence towards you then your self-esteem has really taken a battering. You need to get out because it’s dangerous. There is no excuse in the world for violence, constant nit picking or verbal bullying.

It is important to have an escape plan, which may mean knowing where you are going to live, how you are going to finance yourself and how you will socialize.

If you are in anyway physically frightened of your abusive partner then make sure other people are close by when you finally split – don’t be alone with them. And if they are physically abusive, make sure you have a safe place to go if you live with them.

### **Having the courage to make the break**

You may have been brainwashed into thinking that you can’t function without your abusive partner.

Remember that you are not a punching bag or someone who should be ‘put straight’ by someone else. If the person you are with has made you feel inadequate, useless and fearful then it may be time to escape the relationship.

If you know in your heart that you have to get out, then get out as soon as possible.

## Getting help in an abusive relationship

- You should seek counseling for yourself and your partner. If your partner is unwilling to participate, then seek help for yourself.
- To avoid depression in an abusive relationship, find a support group for abuse victims.
- Setting boundaries with your partner can eliminate the need for him or her to be abusive.
- Telling your partner that you are concerned about the abusiveness may deter him or her from treating you in this manner.
- Creating an atmosphere of hope and trust may be another way to eliminate the need for abuse.
- Prioritize your needs. It is not healthy to be continually abused.

Being mentally or physically abused lowers self-esteem. Re-creating a higher degree of self-esteem may take some time, but seeking help in a relationship where there is abusive behavior is beneficial to all involved.

Tolerating an abusive relationship should not even be an option in any relationship. Seeking help through counseling may be a big step in taking back the dignity you deserve.