

# DOES YOUR PARTNER OR YOUR FRIEND

		Yes	No
1	Ignore your feelings and wishes		
2	Put you down, call you names or criticize you		
3	Tease and ridicule you about things that are important to you		
4	Not respect private information or secrets		
5	Check up and want to know what you are doing at all times		
6	Call or text you excessively		
7	Constantly question who you have been around or spoken to		
8	Check your phone or text messages without you knowing		
9	Act friendly when alone, but ignore you when friends are around		
10	Embarrass you in public or private through insults		
11	Keep you away from your friends, or put your friends down		
12	Won't accept breaking up, threaten to hurt themselves		
13	Encourage you to do things that make you feel uncomfortable		
14	Refuse to accept limits about sexual activity		
15	Feel jealous, possessive, won't let you have friends		
16	Accuse you of cheating or flirting		
17	Use guilt trips like, "if you loved me, you would..."		
18	Tell you what to do, what to wear, or how to act		
19	Always blame you for their behavior		
20	Behave violently (yell, throw things, hit things)		
21	Threaten suicide when they do not get their own way		
22	Physically hurt you, or threaten to		
23	Make you feel like you can't do anything right		