

Is This You?

How do you know when a relationship is unhealthy or abusive? An important first step is to recognize the warning signs of abuse. As openly and honestly as you can, check the behaviours that apply to you when you are in a relationship.

- I usually feel a close connection instantly.
- I demand her constant attention.
- I rarely discuss feelings or issues.
- I often blow disagreements out of proportion.
- I am often jealous when my partner spends time with other people, including friends and family.
- I am often jealous and possessive
- Become hostile or aggressive when my partner says "no"
- Ignore or talk over women
- Have a short and impulsive temper
- Blame others or make excuses for my feelings and actions (ex. stress, drinking, "She pushed me too far")
- I say hurtful things, but then laugh them off as a joke.
- I sulk, storm out, give ultimatums, or withdraw when I don't get my way.
- Have negative opinions about women in general
- I believe that men should take control and make all the important decisions in a relationship.
- I have told my partner that no one else would ever love her.
- I question my partner about where she goes, what she does, how she dresses, whom she talks to, and whom she sees.
- I interrupt her when she is speaking.
- I have called her names or put her down in front of other people.
- I have threatened to hurt myself if she leaves me.
- I have accused my partner of being uptight.
- I insist on the respect and treatment I am entitled to as a man.
- I have had sex when I wasn't sure she wanted to.
- I have grabbed, pushed, slapped or hit my partner when I am frustrated or angry.

If you show/have four or more of the following signs, ask yourself: is this really how you want to live? Talk to a trusted friend or someone you admire, consider what your options are, and seek help.