



**STEPPING STONES AGENCIES
INTERVENTION & PREVENTION PROGRAM**

YOU MAY BE IN AN ABUSIVE RELATIONSHIP IF:

Relationship violence is anytime you or someone you know uses physical, emotional, sexual, or verbal force in an effort to control a person or situation. You or someone you know may be in an abusive situation/relationship if any of the following situations apply:

1. Does your partner monitor your time and make you account for where you were and whom you were with?
2. Does your partner accuse you of having affairs or are they suspicious of you and your male friends?
3. Is your partner ever rude or demeaning to your friends?
4. Does your partner ever discourage you from having friends?
5. Are you starting to isolate in your current relationship. Does your current relationship dominate your time? Does your partner try to isolate you from your friends and family?
6. Is your partner critical of you and your friends?
7. Does your partner demand a strict accounting of your money?
8. Does your partner's mood change radically from calm to angry?
9. Does your partner not want you to work?
10. Does your partner pressure you for sex or become angry when you don't want to have sex?
11. Has your partner ever pushed you?
12. Has your partner ever threatened to kill themselves or you?
13. Have you ever been baffled or confused by your partner's behavior?
14. Has your partner ever slapped you?
15. Has your partner ever driven recklessly with you in the car?

If you are even a little concerned that this relationship may be painful, destructive or abusive, it doesn't hurt to talk to someone who may be able to help you sort some things out.

**REMEMBER – YOU ARE RESPONSIBLE FOR MAKING POSITIVE CHANGES
IN YOUR LIFE AND THE LIVES OF YOUR CHILDREN.**

**Whether you just need to talk or you are trying to get out of an abusive relationship,
you can call Stepping Stones Agencies' 24-Hour Help Line at 445-4673.**

If you are in a dangerously abusive situation call 911 for assistance.