

Are you Being Abused Quiz?

To take this test, tick the appropriate box if this happens “often”, “sometimes”, or “never” in your relationship

These questions are about the behaviour and attitudes of the other person

Isolation – do they	Often	Sometimes	Never
Stop you seeing friends			
Get angry when you talk on the phone			
Start an argument when you go out			
Open your mail			
Want to know where you have been			
Follow you when you go out			
Never like your friends			
Make it difficult for you to keep in touch with your friends / family			
Check up on you at work / school / shops			
Jealousy & Possessiveness – do they	Often	Sometimes	Never
Get upset / angry when you talk to other people			
Tell you that being jealous shows they love you			
Control what you wear / your make-up / hairstyle etc.			
Blame you because you make them jealous			
Keep asking about past partners and then get angry			
Call you a slut / whore etc. when you talk to other men / women			
Humiliation & Mind Games – do they	Often	Sometimes	Never
Call you names like bitch, cunt, slag etc.			
Comment on your looks all the time			
Tell you what you’ve done wrong all the time			
Ignore you and don’t talk for a long time			
Make you do things that make you feel embarrassed, ashamed			
Say that you’re crazy, mad, stupid			
Tell you you’re a bad mother, nagging wife			
Criticise what you say or do			
Get the children to call you names and abuse you			
Using Threats & Fear – do they	Often	Sometimes	Never
Threaten that you won’t see the children again			
Threaten to report you to Work & Income, C.Y.F’s, Police			
Threaten to tell everyone your secret e.g. to out you			
Say they’ll kill themselves or the kids if you leave			
Get angry and flare up about small things			
Give you “the look” to tell you to watch out			
Threaten to smash up or get rid of something that is dear to you			
Threaten to hurt you or your whanau/family or your pets			
Drive too fast or do things to scare you			
Make you afraid when they use drink or drugs			
Acting Like the “Lord of the Castle” – do they	Often	Sometimes	Never
Demand that you have dinner ready when they get home			
Insist that the housework is done in a particular way			
Make all the decisions for the family			

Demand sex without asking what you want			
Tell you that it's the woman's place to obey men and look after the family			
Say it's a man's right / fathers right to have control			
Make you account for every cent you spend			
Expect you to take care of contraception			
Refuse to look after the children			
Decide what roles and duties each of you will have in the relationship			
Denials, Justifying and Sweet-Talk – do they	Often	Sometimes	Never
Hurt you or be mean, then apologise			
Give you flowers or a present after there's been a "blow-up"			
Keep promising it will never happen again			
Beg you not to tell anyone else			
Insist that they love you despite what they are doing to you			
Tell you that is was just because they had a bad day, lost at sports etc.			
Promise to change, but never do			
Say it's all because they had a bad childhood			
Keep promising to go to a "Stopping Violence" programme, but never do			

These questions are about your feelings and behaviours

Your Feelings – do you feel	Often	Sometimes	Never
Like you are walking on eggshells			
Tired because you work so hard to keep them happy			
Sick with worry about what you might have done wrong			
Unhappy a lot of the time			
Like you're going crazy because you don't know what to expect next			
Afraid for your or your children's life			
Worried because you can't plan for the future			
Worried about the effect that their behaviour is having on the children			
Like you want to kill or hurt them or yourself			
Full of anger			
Scared to say what you think			
Like you have no freedom or control over your own life			
Are your children telling you that they are scared			
Are friends, family saying that they have had enough			
Have other people stopped coming around to your house			
Are your children or other people saying "you should leave"			

If you've answered mostly "never" then you can celebrate because you probably have a healthy, equal relationship.
If you've answered mostly a mixture of "never" and "sometimes" then there may be some warning signs. Violence can be subtle at first, and then escalate in a relationship without you really noticing. You could set some clear boundaries for yourself about what you are going to put up with and make sure you stick to those in future. You could read more about family violence and its effects so you are aware if it happens to you. Ring Women's Refuge if you would like some information
If you've got mostly "sometimes" and "often" it is highly likely that there is a pattern of "Power & Control". The other person is using tactics of psychological abuse and you are in a violent relationship. You could read about "safety plans" and understanding violence and talk to Women's Refuge about your options
If you have answered mostly "often", you and your children could be at serious risk of harm. You may also be experiencing physical and or sexual violence. Most likely you already know that you are in a dangerous, abusive relationship, but we can help you to be free from violence and to live a healthy safe life. If you need help and support call your closest Women's Refuge.