



## **Are You Abused?**

### **Do the people you love...**

- “Track” all of your time?
- Constantly accuse you of being unfaithful?
- Discourage your relationships with friends and family?
- Prevent you from working or attending school?
- Criticize you for little things?
- Anger easily when drinking or on drugs?
- Control all finances and force you to account for what you spend?
- Humiliate you in front of others?
- Destroy personal property or sentimental items?
- Hit, punch, slap, kick or bite you or your children?
- Threaten to hurt you or your children?
- Use or threaten to use a weapon against you?
- Force you to have sex against you will?

***If you find yourself saying yes to these questions, now it the time to ask for help!***