Are You Being Abused?

**Women & Infants Hospital**  
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You may be in an emotionally abusive relationship if your partner:

* Calls you names, insults you or continually criticizes you.
* Does not trust you and acts jealous or possessive.
* Attempts to isolate you from family or friends.
* Monitors where you go, who you call, and who you spend time with.
* Does not want you to work.
* Controls finances or refuses to share money.
* Punishes you by withholding affection.
* Expects you to ask permission.
* Threatens to hurt you, the children, your family or your pets.
* Humiliates you in any way.

You may be in a physically abusive relationship if your partner has ever:

* Damaged property when angry (thrown objects, punched walls, kicked doors, etc.).
* Pushed, slapped, bitten, kicked, or choked you.
* Abandoned you in a dangerous or unfamiliar place.
* Scared you by driving recklessly.
* Used a weapon to threaten or hurt you.
* Forced you to leave your home.
* Trapped you in your home or kept you from leaving.
* Prevented you from calling police or seeking medical attention.
* Hurt your children.
* Used physical force in sexual situations.

You may be in a sexually abusive relationship if your partner:

* Views women as objects and believes in rigid gender roles.
* Accuses you of cheating or is often jealous of your outside relationships.
* Wants you to dress in a sexual way.
* Insults you in sexual ways or calls you sexual names.
* Has ever forced or manipulated you into to having sex or performing sexual acts.
* Held you down during sex.
* Demanded sex when you were sick, tired, or after beating you.
* Hurt you with weapons or objects during sex.
* Involved other people in sexual activities with you.
* Ignored your feelings regarding sex.

*Domestic Violence: Beth Israel Deaconess Medical Center, Boston*