

SMOKE ALARMS FOR ABUSIVE RELATIONSHIPS

1. _____ He grew up in a violent or abusive family
2. _____ He over-reacts to little problems and frustrations, or uses violence or force to "solve" his problems (ie. Punches walls or throws things, is cruel to animals).
3. _____ He abuses alcohol or other drugs.
4. _____ Thinks poorly of himself — may try to act "tough" to guard his masculinity.
5. _____ Has very traditional ideas about what men and women should be.
6. _____ Very jealous — even of your female friends and family. Won't allow you to talk to or spend time with friends or other guys.
7. _____ He plays with guns, knives, or other weapons. May talk of using them against people or threaten to use them to "get even."
8. _____ Expects you to follow his orders or advice. May become angry if you don't do what he says and anticipate what he wants.
9. _____ Goes to extreme highs and lows, almost as if he is two different people. Can be extremely kind at one time and extremely cruel at another.
10. _____ When he gets angry, you fear him. You spend a lot of energy trying to not make him angry.
11. _____ He treats you roughly or has hit, slapped, pushed, pulled your hair, kicked you, twisted your arms or legs when he is angry.
12. _____ You feel threatened by him.
13. _____ He tries to pressure or manipulate you into things by saying he can't live without you or threatening to kill himself.
14. _____ Has to know where you are all the time.
15. _____ Humiliates or insults you in front of other people.
16. _____ Is very possessive of you and your time.
17. _____ Tries to pressure you into doing things you don't want to do.
18. _____ Always thinks of himself and no one else.

19. _____ Tries to control how you spend your time.
20. _____ Puts you down, criticizes you, makes fun of you, makes you feel bad about who you are.
21. _____ Becomes violent when angry
22. _____