

Are You Being Abusive?

Healthy relationships are about respect and safety, not violence and control. If you are abusing your girlfriend or boyfriend, **you are committing a crime**. You may feel like he/she just “pushes your buttons” or that if he/she just did what you wanted then you wouldn’t abuse him/her. However, abuse is never okay, and it is never the victim’s fault. Only you are responsible for your actions, and it is wrong to manipulate and control another person. The following are some signs of an abusive person.

- Do you often feel jealous and possessive?
- Do you have an explosive temper?
- Do you criticize, humiliate, or put down your girlfriend/boyfriend?
- Do you prevent him/her from leaving a place or situation by using verbal threats, or actual or threatened physical violence?
- Do you do things to intimidate or scare your girlfriend/boyfriend?
- Do you tell your girlfriend/boyfriend who she/he can or cannot see and where she/he can or cannot go? Do you try to cut him/her off from family and friends?
- Have you prevented your boyfriend/girlfriend from taking a job or taken his/her money?
- Have you ever forced, coerced, or otherwise pressured your girlfriend/boyfriend to engage in sexual activity of any kind? Do you refuse to practice safe sex, or refuse to talk about using birth control?
- Have you ever threatened to kill your girlfriend/boyfriend or commit suicide if she/he leaves you?

If you answered yes to any of these questions, you are being abusive. You need to get help dealing with your anger in non-violent ways. There are people available to help you deal with and change your abusive behavior.