Questions to Ask Yourself

If you are wondering if you are in an abusive relationship, where you are physically, sexually and/or emotionally abused, ask yourself the following questions:

Does your partner...

• Try to keep you away from the people you care about most or from friends you had before you began dating?
• Embarrass you or make fun of you in front of other people?
• Make you feel afraid, or use threats to make you do what he/she wants?
• Accuse you of having affairs and/or wanting to date other people?
• Make you feel there is “no way out” of the relationship?
• Make you perform sexual acts that you don’t enjoy or touch you against your will?
• Threaten you with force, words, or weapons?
• Use alcohol or drugs as an excuse for saying hurtful things or abusing you?
• Get really angry a lot, and you don’t know why – but you feel like you are “walking on eggshells” all the time?
• Not believe they have hurt you, or blame you for what they have done?
• Physically force you or hurt you to make you do things that you don’t want to do?
• Threaten to hurt themselves, you, a pet, or people you love if you end the relationship?
• Tell you that you are stupid, ugly, or unwanted, or put you down in other ways?
• Tell you that if only you did things differently or better, they wouldn’t have to hurt you?
• Monitor your computer or phone use?
• Use children to keep you in the relationship?

If you answered yes to one or more of these questions, you may be in an abusive relationship. MSU Safe Place can talk to you about the situation and help you to figure out what you would like to do. Contact us at (517) 355-1100 or noabuse@msu.edu.