



*Giving voice to the unspeakable...  
responding to domestic abuse in Jewish homes.*

## **You May be in an Abusive Relationship if Your Partner...**

- Puts you down when you are feeling good about yourself
- Is aggressive toward people of your gender
- Does not listen to you or ignores you
- Refuses to talk about or listen to your concerns
- Attacks any part of who you are (beliefs, values, interests, personality)
- Tries to embarrass you in front of others
- Disrespects you, insults you, humiliates you, or demeans you in any way
- Questions where you're going, with whom, and how long you'll be gone
- Tries to tell you who you can and cannot spend time with (including friends, family members, co-workers)
- Has jealousy issues or tries to control what you do, what you wear, who you see, or how you act
- Does not have close friends of his/her own
- Does not take responsibility for his/her own life and actions, and blames others for these things
- Does not respect your boundaries and personal space
- Attempts to guilt you into having sex with him/her
- Forces you to do things that you do not want to do sexually
- Tries to scare you by doing dangerous things (such as driving too fast)
- Becomes angry or violent when using drugs or alcohol
- Threatens you, your friends, family, or pets, or threatens to kill themselves if you do not do what he/she wants
- Has ever hit, pushed, kicked, slapped, or strangled you, or otherwise inflicted any kind of physical harm on you