

How To Recognize A Potential Batterer

95% of domestic violence is perpetrated by men upon women. However, some women do abuse their men partners, and domestic violence also occurs with same-sex couples. We address the majority of instances below:

Abusers batter as a means of power and control, to manipulate, intimidate, and rule their intimate partner. Individuals who abuse their partners come from all races, religions, socioeconomic classes, areas of the world, education levels, and occupations.

Domestic violence perpetrators seek to control the thoughts, beliefs, and conduct of their partner and punish their partner for resisting control. Batterers minimize the seriousness of their violence, act impulsively, distrust others, need to control people and situations, and express feelings as anger.

DOES YOUR PARTNER:

1. Act extremely jealous of others who pay attention to you, or use jealousy to justify his/her action?
2. Make you afraid by using looks, actions, and gestures like smashing things, destroying your property or displaying weapons?
3. Threaten to kill you or commit suicide?
4. Stop you from seeing or talking to friends, family, or limits your outside involvement?
5. Put you down in front of other people, humiliates you, plays mind games and makes you feel as if you are crazy?
6. Prevent you from getting or keeping a job?
7. Take your money or does not let you know about or have access to the family income?
8. Threaten to take the children away?
9. Call you names, insult you or constantly criticize you?
10. Monitor where you go, who you call or who you spend time with?
11. Threaten to hurt you, the children, your family or your pets?
12. Push, slap, bite, kick, or choke you?
13. Abandon you in a dangerous or unfamiliar place?
14. Scare you by driving recklessly?
15. Prevent you from calling police or seeking medical attention?

16. Trap you in your home or kept you from leaving?
17. Use physical force in sexual situations?
18. View women as objects and believes in rigid gender roles?
19. Insult you in sexual ways or calls you sexual names?
20. Force or manipulate you into having sex or performing sexual acts?
21. Have a past history of battering or abuse?
22. Manipulate you by making you feel guilty?
23. Display frightening rage?
24. Have a Jekyll and Hyde type personality?
25. Blame you or others for their feelings or problems?

If you answered "yes" to *any* of the questions above, you may be in an abusive or potentially unsafe relationship. If you would like to talk to someone confidentially about your relationship, please call our 24-hour hotline. Our staff would like the opportunity to discuss your situation, your feelings, and steps that you can take to be safe or get help.