

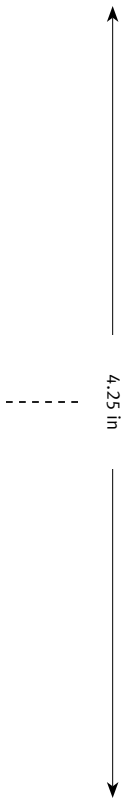
**Ask yourself...does your partner:**

- 1) Constantly ridicule or insult you?
- 2) Become extremely jealous?
- 3) Undermine your sense of power or confidence?
- 4) Keep you financially dependent?
- 5) Make you account for every minute you are not together?
- 6) Manipulate you with lies, contradictions, or promises?
- 7) Prevent you from seeing your friends and family?
- 8) Get angry when you disagree?
- 9) Make you ask for permission before you go out, get a job, or go to school?
- 10) Abuse your pet to frighten you?
- 11) Destroy your property?
- 12) Restrain you?
- 13) Throw objects at you?
- 14) Threaten you with weapons or objects?
- 15) Threaten to hurt your children?
- 16) Hit, slap, punch, shove, kick, or otherwise physically abuse you?
- 17) Force you into unwanted sexual situations?

If you answered “yes” to one or more of these questions, you may be a victim of domestic violence.

**REMEMBER, YOU ARE NOT ALONE.  
HELP IS AVAILABLE.**

For information and/or referrals, call the National Domestic Violence Hotline at (800) 799-SAFE.



INSIDE