

Signs of Abuse

When you are in a troubled relationship, it may be difficult to talk about. You might feel unsure or embarrassed by the idea of abuse in your relationship, or you may not know whether you can define it as abusive. The following guidelines are signs that your relationship with your partner is abusive.

Your partner:

- Criticizes you and put you down
- Tries to keep you away from family or friends
- Blames you for his abusive behaviour
- Sees you as his property or acts like he owns you
- Constantly checks up on you
- Limits your access to finances, phone and/or car
- Hurts you or threaten to hurt you
- Forces you to have sex.

In turn, you:

- Feel afraid of your partner
- Feel sad, lonely, hopeless and ashamed
- Fear talking about certain topics when he's around
- Cope through drugs and alcohol
- Make excuses for his behavior
- Believe that you deserve to be hurt or mistreated
- Feel that you can't do anything right for your partner.

If you experience any of the above, you and your children may need help. [Call our Transition Houses for support](#)

How to Help Someone Being Abused

If someone you know is being abused, use these following tips when approaching them.

- Approach her with an open mind
- Speak to her alone about what you see
- Tell her you believe her and that it is not her fault
- Encourage her not to confront her partner if she is deciding to leave because her safety must be protected
- Research resources you may be able to connect her with
- Offer to go with her to seek help because she may be too ashamed to ask for help
- Offer to provide childcare while she seeks help
- Encourage her to pack a small bag with important items and documents, and keep it stored at your home in case she needs it
- Tell her that you are there to support her even if she chooses to stay