

QUIZ: IS MY ABUSIVE PARTNER CHANGING?

Getting help to stop abusive behavior is an important first step. However, going to counseling or joining a support group is only successful if your partner's attitudes and behaviors change. It is probably not safe for you to stay with or have contact with your partner while he/she is getting help. But if you do choose to have any contact with your partner, you are the best person to judge whether or not your partner has really changed.

Is your abusive partner really becoming abuse-free? Answer "yes" or "no" to the following questions to find out. Make sure to circle your responses. At the end you'll find out how to score your answers.

Is my partner:

Circle One

- | | | |
|---|-----|----|
| 1. More receptive of my opinions and activities than he/she was in the past? | Yes | No |
| 2. Open to talking about how his/her behaviors make me feel? | Yes | No |
| 3. Openly seeking professional help because they really do want to change? | Yes | No |
| 4. Accepting responsibility for his/her past actions and acknowledging that his/her past behavior was unhealthy and unacceptable? | Yes | No |

Does my partner:

- | | | |
|---|-----|----|
| 5. Get upset when I express a different opinion? | Yes | No |
| 6. Have a possessive attitude towards me and my actions? | Yes | No |
| 7. Act like the victim for having to change? Believe that I owe him or her something for changing? | Yes | No |
| 8. Blame me for our problems? | Yes | No |
| 9. Make excuses for abusive behavior, past and present? | Yes | No |
| 10. Dismiss how much I was hurt by the abuse? | Yes | No |
| 11. Not take my feelings seriously, especially those on abuse? Use small signs of disrespect, like eye-rolling? | Yes | No |
| 12. Hurt me physically, even if the violence doesn't seem like a big deal, like pulling hair? | Yes | No |
| 13. Substitute violence with abusive language or emotional abuse? | | |
| 14. Substitute physical violence with physical intimidation, like punching the wall beside me instead of punching me? | Yes | No |
| 15. Use pressure and guilt when it comes to our sex life? | Yes | No |
| 16. Use methods of intimidation, control, or humiliation? | Yes | No |
| 17. Fall back on abusive behavior when we have arguments? | Yes | No |

You have the right to a safe and healthy relationship..
free from violence and free from fear.

Scoring:

Give yourself 1 point for answering “yes” you answered to numbers 1-4; and 5 points for every “yes” response to numbers 5-21.

Now that you’re finished and have your score, the next step is to find out what your score means. Simply take your total score and see which of the boxes below applies to you.

Score: 1-4 points

If you scored 1-4 points, you may be noticing some positive changes in your partner. This is good. Progress is a great thing. However, it is still a good idea to keep an eye out for any signs that abusive behaviors may return; even small signs. If it ever seems to you that something doesn’t feel right, don’t ignore those feelings; they can be telling you something. And remember, even if your partner has made changes in their behavior, you are never obligated to stay in a relationship with that person. Remind yourself that you deserve to be in a safe and healthy relationship, one where there is no fear of abuse. Contact Break the Cycle for more information.

Score: 5 points or more

If you scored 5 points or more, your partner still has work to do. Even though your partner has agreed to change, you are still getting hurt. This might mean that you should seriously consider leaving the relationship and ending contact with your partner. The most important thing is your safety. Whether you decide to leave or stay, have a safety plan ready to better protect yourself. Read about safety planning for guidance. And if you want more information about your options, contact us. Break the Cycle can help.

To contact Break the Cycle, call us at 888.988.TEEN or visit thesafespace.org for more information.

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