

Legacy of Healing Advocacy Center & Safe House
7720 Waterworks Road
Tulalip, Washington 98271
Phone: (360) 716-4100

How Can I Be Sure it is Domestic Violence?

If you are wondering whether your situation is domestic violence, ask yourself these questions:

Does someone you care about:

Constantly put you down?
Repeatedly call or show up to check on you?
Make fun of you?
Control all the money?
Scare or threaten you? "If you do that again, I'll . . ."
Always blame you?
Control who you see or what you do?
Force you to touch or be touched when you don't want to?
Glare, yell, raise fists, or break your things?
Grab, shove, slap, or hit you?

Do you:

Always do what he/she wants instead of what you want?
Feel like you "walk on eggshells" to avoid anger?
Feel scared to spend money?
Stay in the relationship because you fear what would happen if you left?
Always feel like it is your fault?
Believe that if you just tried harder, everything would be okay?
Believe you are "nothing" without him/her?

If you answered "yes" to even one of these questions, and you want to talk to an advocate, call the Legacy of Healing Advocacy Center & Safe House @ 360-716-4100. All calls are confidential.

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Signs of Domestic Violence

No one has the right to be abusive in relationship. If you are concerned about whether you are in an abusive relationship, ask these questions, considered to be warning signs of a problem.

- Was there violence in his family of origin?
- Does he have mood swings, where one moment he's loving and affectionate, and the next moment angry and threatening?
- Has he humiliated you in front of others?
- Does he anger easily when drinking or on drugs?
- During conflict does he often threaten or ignore you?
- Does he destroy personal property or sentimental items?
- Does he slam doors, or leave?
- Has he threatened to hurt you or the children?
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- Has he ever used physical violence? For example: Slapping, punching, hitting, kicking, grabbing, shoving, shaking, choking, biting, or otherwise abuse you, or the children?
- Has he abused any past partners?
- Has he used or threaten to use a weapon against you?
- Is he a very jealous person?
- Does he regularly accuse you of being unfaithful?
- Does he keep "track" of all your time?
- Does he try to control how you think, dress, who you see, how you spend your time, how you spend your money?
- Does he try to discourage you from seeing your family or friends?
- Does he get angry or resentful when you are successful in a job or hobby?
- Does he prevent you from working or attending school?
- Does a conversation with him ever escalate into threats of separation or divorce?
- Does he ever threaten to hurt you, himself, or others, if you talk about leaving him?
- Does he criticize you for little things?
- Does he do or say things that are designed to make you feel "incompetent", "crazy" or "stupid"?
- Does he blame alcohol, drugs, stress, the children, others, especially you, or other life events for his behavior?
- Does he feel guilty after aggressive behavior and strive for your forgiveness?
- Does he think that he could never live without you, yet other times he wants you out?
- Does he force you to have sex against your will?
- Does he use sex or other favors as a way to "make up" after a conflict?
- Does he control all finances and force you to account in detail for what you spend?
- Are you sometimes afraid of him?

If you answer yes to any of these questions, you are in a potentially abusive relationship. Realize that you are not alone, there are other women who are abused by their husbands or boy friends. The second thing is to know that you simply don't deserve to be treated like that.