

Section 1. Do I allow abuse in my life?

1. Do your partner's needs take priority over yours? (EXAMPLES: Joint resources go for him or her first; their job is more important than what you do; their opinion counts and yours does not; or their sexual needs take priority over yours. Do you give up your plans and preferences in favor of his? Does he always come first? Do their needs always trump yours?) Give an example from your life:

2. Is there routine (3 times a week or more) anger, hostility and criticism of you? (EXAMPLES: It can be of your looks, what you wear, your sex appeal, the way you clean, the friends you choose, your family, the movies you like, your faith? Is there general disapproval of anything that differs from what he wants and believes?) Give two examples from your relationship.

3. Do you keep trying to make your partner happy by complying to their wishes but they change so that what you did this week to make him happy may make him angry next week? (EXAMPLES: You are always caught off guard about how to stop their anger and make a happy marriage? Nothing you do, in the long run, keeps him satisfied?) If yes, state why you think this will eventually work.

4. Do you feel as if you are walking on eggshells all the time? (EXAMPLES: You never know what will set him off. Your home does not feel like a safe place because of their outbursts and criticisms? Are you hesitant or even afraid to bring people home for long periods because he will get angry at you when they leave for things he says you did wrong or they did wrong?) Describe the last time you "walked on eggshells) in your own home.

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5. He or she may or may not share their thoughts and plans with you, but they definitely do not seem to care about what you think, what your plans are, how you feel? (EXAMPLE: They only ask questions about your past so that they can torment you with your previous answers to their questions during arguments?) What is the main thing your spouse does not 'hear' from you that you wish they would?
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6. When you try to talk to him about these things he either refuses, gets angry and blames you, tells you that you are crazy or imagining things, gives you the cold shoulder, or doesn't know what you are talking about?

YES
 NO
 I don't know

7. Does he or she rewrite history, denying he said what you heard, saying you said things you didn't, accusing you of evil motives against him, blaming you for the marriage troubles? Do you
- a) believe their version of reality?
 - b) know they are wrong but keep it to yourself?
 - c) know they are wrong but tell others so he looks bad?
 - d) believe that if you just could prove to him how much you love him, he would recognize your value?

