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| **An Abuser?*** Are you jealous of your girl/boyfriend’s other friends?
* Do you criticize, insult or put her/him down?
* Do you threaten to harm him/her to get your way?
* Do you break things to scare her/him?
* Have you pulled, kicked, hit, thrown down, shoved, choked or thrown things at him/her?
* Do you blame others when you get caught doing something wrong?
* Are you using drugs or alcohol?
* Do you believe you have the right to hit her/him if s/he does something you don’t like?
* Do you try to make her/him afraid to say No to you?
* Do you try to make her/him feel guilty for not doing what you want?
 | **Being Abused?*** Does your girl/boyfriend get mad when you spend time with your friends?
* Does s/he criticize, insult or put you down all the time?
* Does s/he threaten you to get his/her way?
* Does s/he break things to scare you?
* Has s/he pulled, kicked, hit, shoved, choked. thrown you down or thrown things at you?
* Does s/he blame you when s/he hurts you?
* Does s/he use drugs or alcohol?
* Do you worry about how s/he will react to things you do?
* Does s/he like to hurt animals?
* Are you afraid to say NO to him/her?
* Do you feel like it’s your fault when s/he hurts you?
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***If you have answered YES to most of the questions in either list, it is time to check your relationship. You are probably in a dangerous and unhealthy situation. Talk to someone you trust about what is happening. Even if you have already gotten out of the relationship, you can still talk about it. No one deserves to be abused! And you don’t make someone hurt you. That person makes a choice that s/he is responsible for. It’s never too late to ask for help.***