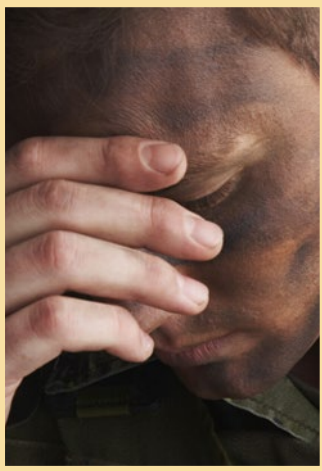


Healthy Relationships Quiz Series



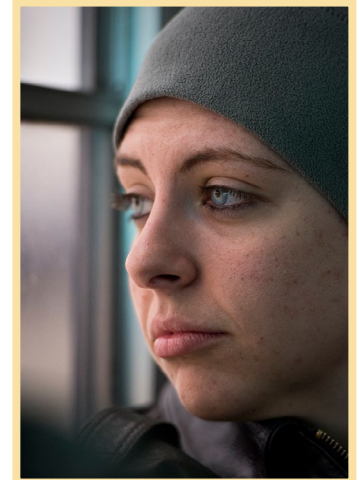
✓ Respect ✓ Trust ✓ Commitment ✓ Integrity ✓ Selflessness ✓

Quiz 4: What are the warning signs of abuse?



Domestic violence goes against all relationship core values and is never OK. No one deserves abuse and anyone can be a victim. Abuse is often physical, but it can also be verbal, emotional or sexual. In fact, some of the most hurtful and long-lasting forms of abuse never leave a bruise. At the end of the day, domestic abuse is never justified or acceptable.

Take this quiz or share it with a family member, friend or coworker if you have concerns about his or her safety or well-being.



Please answer Yes or No:

- | | | |
|---|-----|----|
| 1. Does your partner try to control what you do, where you go or who you see? | YES | NO |
| 2. Does your partner limit your access to information, work, money or friends and family? | YES | NO |
| 3. Does your partner criticize you or blame you for everything? | YES | NO |
| 4. Does your partner berate you and call you names? | YES | NO |
| 5. Does your partner intimidate you in a threatening way? | YES | NO |
| 6. Has your partner ever put his or her hands on you in anger? | YES | NO |

If you answered "yes" to any of these questions, resist the urge to believe the abuse will stop in time or with a change in circumstances.

Confidential help is available, 24/7, through your installation [Family Advocacy Program](#) or by calling the National Domestic Violence Hotline at 800-799-7233.

For information and support resources, call a Military OneSource consultant at 800-342-9647 or the National Domestic Violence Hotline at 800-799-7233. Listen to the Military OneSource podcast, "[If You See Domestic Abuse Speak Up](#)" for information on what to look for and what you can do about domestic violence.

In a domestic violence emergency, call 911.