

Behaviours That Indicate Domestic Violence in a Relationship

This checklist can be used to help you to figure out if you are in an abusive relationship, however it is not an exhaustive list and does not account for every possible sign of abuse.



WARNING: SOME OF THE INFORMATION IN THIS FACT SHEET MAY BE DIFFICULT TO READ. PLEASE TAKE YOUR TIME AND FIND ASSISTANCE IF YOU FEEL YOU NEED TO.

Emotional and Psychological Abuse

- Do they play mind games with you?
- Do they call you names and make you feel bad about how you look?
- Do they humiliate you in public and/or in front of your friends and family?
- Do they constantly put you down and ruin your self-worth?
- Do they tell everyone that you are crazy and/or threaten to have you committed to a mental health facility?

Physical Abuse

- Do they shove, push, slap, punch, pinch or hurt you physically?
- Do they have a history of violent behaviour with other people?
- Have they grabbed you around the neck or throat and/or tried to strangle you?
- Have they harmed you physically when you have been pregnant?
- Have they ever made it so that you could not get medical help and/or your medication?



IF YOU TICK ANY, OR ALL OF THESE BOXES, IT IS HIGHLY LIKELY THAT YOU ARE EXPERIENCING ABUSE AND DOMESTIC VIOLENCE. WE ENCOURAGE YOU TO COMPLETE A SAFETY PLAN AND CONTACT A DOMESTIC/FAMILY VIOLENCE SUPPORT SERVICE. YOU SHOULD ONLY END THE RELATIONSHIP IF IT IS SAFE TO DO SO.

Threats and Coercion

- Do they force or manipulate (coerce) you to do things that you do not want to do?
- Have they hurt, or threatened to hurt your kids, family, friends and/or pets?
- Have they reported or threatened to report you to the Taxation Department, Centrelink, Police, Corrections, Child Protection, Immigration, your employer, or others?
- Do they insist that you wear clothes that are more sexual or less sexual than you want to wear?
- Have they ever threatened to leave the relationship, threatened to hurt themselves and/or threatened to commit suicide?
- Have they ever threatened, or tried, to kill you, your kids and/or your pets?

Using Male Privilege

- Does your male partner consider themselves to be always right and/or superior to you?
- Does he treat you as a possession that he owns?
- Does he insist on making all the big decisions?
- Does he control and monitor financial matters like bills, spending, assets, bank accounts and loans?
- Does he tell you what you are and are not allowed to read?
- Does he tell you where you are and are not allowed to go and who you are and are not allowed to talk to?

These things are emotional abuse and coercive control. Although usually committed by a man against a woman, they can also be perpetrated by women.

Spiritual Abuse

- Do they deny you spiritual choices?
- Do they demand that you take on their spiritual beliefs or ridicule your spiritual beliefs?
- Do they use their spiritual beliefs to justify their abusive behaviour?
- Do they not allow any negotiation about your children's spiritual education?

Using Isolation

- Do they try to control how much and in what way you are able to contact your friends and family?
- Do they constantly need to know where you are?
- Do they insist that you must be at home unless you are with them and/or they know where you will be?
- Do they monitor, limit and/or control your internet and social media use?
- Do they check your browser history, emails, phone call logs and/or text messages?
- Do they check the kilometers on the car so they can work out where you have been and/or check whether you have driven further than they said you could?

Using Intimidation

- Do they damage or destroy the things you own and/or break things around the house?
- Do they punch holes in doors and/or walls?
- Do they get angry easily and have sudden mood swings?
- If you talk to other people, do they become jealous and/or suspicious for no reason?
- Do they say that their violence and anger was your fault?
- After they abuse you, do they say that you were 'asking' for it?
- After being physically violent and abusive, do they say that it 'wasn't really that bad'?
- After being abusive, do they deny having done so?

Economic Abuse

- Does your partner control how you spend your money and/or take your money away from you?
- Do they refuse to pay the bills, refuse to put any money towards the bills, and/or say that they will pay the bills but then they do not?
- Have they ever threatened to stop financially supporting you?
- Have they put your employment at risk and/or prevented you from working?
- Do they monitor your banking app and/or have alerts turned on so that they know when you spend money?
- Does your partner give you a small budget and then complain when you are unable to afford the things he wants?

Sexual Abuse

- Do they force or pressure you to have sex when you do not want to?
- Have they made you do things that were degrading and/or humiliating?
- Have they made you have sex when you are sick and/or after they have been physically or emotionally abusive?
- Have they made you have sex without protection?
- Have they ever made you have sex without your consent (agreement)?
- Have they shared sexual images of you with other people, uploaded sexual images of you to the internet, filmed you having sex and/or drugged you without your consent?
- Have they forced or coerced you to watch pornography and/or recreate scenes from pornography?
- Does your partner force you to have sex with other people, objects and/or animals?
- Do they compare you negatively with other people that they have seen in sexually explicit photos, videos and/or pornography?

Technology Abuse

- Does your partner force you, or make you feel as though you must, give them your passwords?
- Do they use technology to monitor and track where you go?
- Have they changed your passwords without your consent - or knowledge - so that you cannot access your accounts?
- Have they sent messages that have been threatening or harassing on social media?
- Have they posted pictures of you that are embarrassing without your consent to social media?
- Have they used your social media accounts to pretend to be you?
- Have they ever prevented you from sending and/or receiving emails from your friends and family?

Using the Children

- Does your partner ever tell you that you will not see your children again or that you will lose custody of them?
- Do they ask the children questions so that they can find information about you?
- Has your partner ever manipulated and/or forced the children to hurt you emotionally or physically?
- Has your partner tried to undermine or destroy the relationship that you have with your children?

Further Information

Yemaya Women's Support Service

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Please note that all information contained within this fact sheet is to be used as a guide only. If you require further information or assistance please contact Yemaya Women's Support Service.

