



# Pueblo Domestic Violence Community Task Force

Love Doesn't Hurt

## Test Your Relationship

The person I am with:

- |  |     |    |
|--|-----|----|
| ⇒ Is not liked very well by my friends.  | Yes | No |
| ⇒ Says I'm too involved in different activities.   | Yes | No |
| ⇒ Constantly texts or calls me and checks my phone.  | Yes | No |
| ⇒ Is extremely jealous and possessive.   | Yes | No |
| ⇒ Accuses me of flirting or cheating.  | Yes | No |
| ⇒ Is constantly checking up on me or makes me check in.                                    | Yes | No |
| ⇒ Controls how I look and what I wear.   | Yes | No |
| ⇒ Makes it difficult for me to see or talk to my family and friends.                       | Yes | No |
| ⇒ Is moody – angry and yelling at me one minute and sweet and apologetic the next.         | Yes | No |
| ⇒ Puts me down, calls me names or criticizes me.   | Yes | No |
| ⇒ Blames me for problems and makes me feel like I can't do anything right.                 | Yes | No |
| ⇒ Makes me feel like no one else would want me.  | Yes | No |
| ⇒ Threatens to hurt me, my friends or family.  | Yes | No |
| ⇒ Threatens to hurt him or herself because of me.  | Yes | No |
| ⇒ Threatens to destroy my things.  | Yes | No |
| ⇒ Mistreats or abuses my pets.   | Yes | No |
| ⇒ Grabs, pushes, shoves, punches, slaps, strangles, holds me down or hurts me in some way. | Yes | No |
| ⇒ Breaks things or throws things to intimidate me.   | Yes | No |
| ⇒ Yells, screams or intimidates me in front of other people.                               | Yes | No |
| ⇒ Pressures or forces me into having sex or going farther than I want to.                  | Yes | No |

If you answered yes to any of these questions, you may be in an unhealthy relationship.

Please call for confidential assistance today!

**(719) 545-8195**

[www.domesticviolenceptf.com](http://www.domesticviolenceptf.com)

eliminating racism  
empowering women  
ywca

