

“ Battering is that pattern of violent and coercive behavior whereby a [partner] seeks to control the thoughts, beliefs, emotions or conduct of [his/her] intimate partner or to punish the intimate for resisting the perpetrator’s control.”

- Barbara Hart

Are you being abused?

Does your partner:

- Make you feel like you never do anything right. Nothing is ever good enough?
- Not like it when you go away from home because he/she worries too much about you?
- Get jealous when you talk to other people?
- Hit, shove, or belittle you and then ask how you got hurt?
- Say cruel things then tell you you’re too sensitive and can’t take a joke?
- Keep you from your family and friends?
- Accuses you of having affairs?
- Cause a fight when you want to go out?
- Get mad even if you’re only five minutes late?
- Have total control of the money and not let you have any?
- Display extreme jealousy?
- Blame you when something violent happens?
- Question where you have been, why you were late, etc.?
- Destroy household objects when angered?
- Threaten to hurt you?
- Have a history of violence?
- Intimidate you into doing something you do not want to do?
- Act cruelly to animals or children?
- Want **you** to "change?"
- Say you are crazy when you question their behavior?

If you recognize a "cycle" of any of the above behaviors in your relationship, you are probably in a domestic violence relationship. To seek information or support, call the Calaveras Crisis Center to talk to an advocate.