

Are you being abusive?

- Are you extremely jealous of your partner? Are you possessive, jealous of other people in their life, or do you want them only to be with you?
- Do you criticize your partner and put him/her down for not being the "perfect" husband/wife?
- Do you have an explosive temper and get easily angry over little things?
- Do you blame your partner for your problems and feelings?
- Have you broken things, thrown things, hit, slapped, shoved, punched, kicked or threatened your partner?
- Do you feel threatened when your partner doesn't agree to do what you want him/her to do, and feel that you have to force them to do your will?
- Do you control your partner's decisions, behavior, or social life? Do you decide where they can go, who they can be with, what they can wear?
- Are you insecure about yourself? About your relationship? Do you believe that you have to be in control all the time?
- Do you drink heavily and/or use drugs?
- Did you experience violence in your family?
- Do you order your partner around? Do you expect him/her to read your mind, and then get mad when they don't?

If you recognize any of the above signs, you are being abusive to your partner. Don't ignore it-- the problem will only get worse. It could lead to your being arrested and sent to jail, and will destroy your relationship unless you are willing to take steps to change.

Resources for batterers in Santa Clara County:

ASL= American Sign Language; E=English; F=Farsi; G=Gay; K=Korean; L=Lesbian; M=Mandarin; P=Punjabi; R=Russian; S=Spanish; T=Tagalog; V=Vietnamese; W=Women's Groups

A New Beginning
(408) 266-8544
E/K/M/T/R/W

Family & Children's Services
(650) 326-1340
E/S/V/ASL

Turning Point
(408) 739-2171
E/S

Bata/Starr Counseling Associates
(408) 450/-8370
E/S/P

Domestic Violence Counseling & Intervention Services
(408) 261-5890

Working Against Violence Educational Services (WAVES)
(408) 453-6063
E/S/F

Community Alliance for Recovery and Education
(408) 263-8736
E/S/V/M

Harbor Light
(408) 297-3143
E/S/L/G

Get help now to stop hurting those you love before it's too late.