

Here are some questions to help you identify the presence of coercive behaviors in your relationship:

No	Yes	I am not sure
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- No Yes I am not sure 1. Does he drive recklessly when he's angry with you?
- No Yes I am not sure 2. Does he tell you that you don't need to worry about managing your finances?
- No Yes I am not sure 3. Are you afraid of his reaction when you are running late?
- No Yes I am not sure 4. Does he accuse you of being a lesbian when you spend time with your girlfriends?
- No Yes I am not sure 5. Does he insult you, ignore you, or try to manipulate you if you refuse to act according to his sexual desires?
- No Yes I am not sure 6. Does he force you to eat or exercise, or make you feel guilty for not doing so, to meet his expectations?
- No Yes I am not sure 7. Do you limit your contact with loved ones to avoid conflicts with your partner?
- No Yes I am not sure 8. Does your partner micromanage every aspect of your life: how you apply makeup, how you fold clothes, etc.?
- No Yes I am not sure 9. Does he constantly correct you on everything you say or do?
- No Yes I am not sure 10. Does he give you the silent treatment and you have to figure out what you did wrong until you apologize?
- No Yes I am not sure 11. Does he communicate with you repeatedly as soon as you leave the house, claiming to be worried about you?
- No Yes I am not sure 12. Does he make empty promises, break them, then pretend he never said that? Does he blame you for causing trouble where there isn't any?
- No Yes I am not sure 13. When you try to express your opinion on any subject, does he ignore you, leave the room, or directly or indirectly make fun of you?
- No Yes I am not sure 14. Does he make you believe that the decision is yours, but in reality, if the decision doesn't please him, you suffer the consequences or he makes you feel guilty, thus pushing you to change your choice?
- No Yes I am not sure 15. Does he threaten to harm himself or commit suicide if you ever end the relationship?

If any of these questions resonate with you and you would like to discuss them further. You can reach us by phone at **418-527-4682, Option 1.**

Our services are free and confidential.