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Alternatives to
Domestic
Aggression

Call us before
you hurt someone you love
We care and we can help!

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www.csswashtenaw.org/ada



**Catholic
Social Services**

OF WASHTENAW COUNTY

Ask Yourself... If you are concerned about being abusive with your partner, ask yourself these questions and consider them as *warning signs of a problem*.

- Was there violence in your family?
- During conflict do you often threaten someone, break things, punch walls, slam doors, ignore her, or leave?
- Do you have mood swings, where one moment you feel loving and affectionate, and the next moment angry and threatening?
- Have you ever physically harmed your partner, or any past partners?
- Do you find it difficult to talk to your partner about your feelings, your hopes, your fears?
- Do you tend to blame others for your behavior, especially your partner?
- Are you a very jealous person?
- Do you try to control how your partner thinks, dresses, who she sees, how she spends her time, how she spends her money?
- Do you try to discourage her from seeing her friends or family?
- Do you get angry or resentful when she is successful in a job or hobby?
- Do your conversations quickly escalate into threats of separation or divorce?
- Do you ever threaten to hurt her, yourself, or others, if she talks about leaving you?
- Do you do or say things that are designed to make her feel “crazy” or “stupid”?
- Do you blame alcohol, drugs, stress, or other life events for your behavior?
- Do you feel guilty after aggressive behavior and strive for your partners forgiveness?
- Do you think that you could never live without her, yet other times want her out?
- Do you use sex, money, or other favors as a way to “make up” after conflict?
- Have you ever said “don’t make me angry”?
- Is your partner afraid of you sometimes?