

To take this test, tick the appropriate box if this happens "Often" "Sometimes" or "Never" in your relationship.

THESE QUESTIONS ARE ABOUT THE BEHAVIOUR AND ATTITUDE OF THE OTHER PERSON:

Isolation

Do they:	Often	Sometimes	Never
• Stop you seeing friends? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Get angry when you talk on the phone? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Start an argument when you want to go out? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Open your mail? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Want to know everywhere you have been? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Follow you when you go out? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Never like your friends? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Make it difficult for you to keep in touch with your whanau/family? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Check up on you at work/ school/ shops? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Jealousy and Possessiveness

Do they:	Often	Sometimes	Never
• Get upset/angry when you talk to other people? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Tell you that being jealous shows they love you? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Control what you wear/ your make-up/ hairstyle/ etc.? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Blame you because you made them jealous? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Keep asking about your past partners, and then get angry? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Call you a slut/ho when you talk to other men or women? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Humiliation and Mind games

Do they:	Often	Sometimes	Never
• Call you names like bitch/ cunt/ slag? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Comment on your looks all the time? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Tell you what you've done "wrong" all the time? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Ignore you and don't talk for a long time? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Make you do things that make you feel whakamaa/ embarrassed/ ashamed? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Say that you're porangi/crazy/ mad/ stupid? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Tell you you're a bad mother/ nagging wife? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Criticise what you say or do? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Get the children to call you names and abuse you? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Using Threats and Fear

Do they:	Often	Sometimes	Never
• Threaten that you won't see the children again? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Threaten to report you to WINZ/ CYFS/ Police? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Threaten to tell everyone your secret (e.g. to out you)? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Say they'll kill themselves or the kids if you leave? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Get angry and flare up about small things? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Give you "the look" to tell you to shut up or watch out? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Threaten to smash up or get rid of something that is dear to you? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Threaten to hurt you or your whanau/family or your pets? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Drive fast or do things to scare you? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Make you afraid when they use drink or drugs? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Acting like the "Lord of the Castle"

Do they:	Often	Sometimes	Never
• Demand that you have the dinner ready when they get home? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Insist that the housework is done in a particular way? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Make all the decisions for the family? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Demand sex without asking what you want? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Tell you that it's the woman's place to obey men and look after the family? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Say that it's the man's right/ father's right for them to have control? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Make you account for every cent you spend? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Expect you to take care of the contraception? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Refuse to help look after the children? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Decide what roles and duties each of you will have in the relationship? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Denials, Justifying and Sweet-Talk

Do they:	Often	Sometimes	Never
• Hurt you or be mean, then apologise? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Give you flowers or a present after there's been a "blow-up"? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Keep promising that it will never happen again? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Beg you not to tell anyone else? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Insist that they love you despite what they are doing to you? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Tell you that it was just because they had a bad day/ they lost at sports/ the washing wasn't done/ etc? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Promise to change but never do? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Say that its all because they had a bad childhood? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Keep promising to go to a Stopping Violence programme but never do? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

THESE QUESTIONS ARE ABOUT YOUR FEELINGS AND BEHAVIOURS.

Your feelings

Do you feel:	Often	Sometimes	Never
• Like you're walking on eggshells? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Tired because you work so hard to keep them happy? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Sick with worry about what you might have done wrong? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Unhappy a lot of the time? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Like you're going crazy because you never know what to expect next? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Afraid for your or your children's life? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Worried because you can't plan for your future? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Worried about the effect that their behaviour is having on the children? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Like you want to kill or hurt them or yourself? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Full of anger? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Scared to say what you think? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Like you have no freedom or control over your own life? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Often	Sometimes	Never
Are your children telling you they're scared? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are your friends and whanau/family saying they have had enough? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have other people stopped coming round to your house? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are your children or other people saying "you should leave"? _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

LOOK AT THE RESULTS:

If you've answered mostly "never" then you can celebrate because you probably have a healthy equal relationship. If you've answered mostly a mixture of "never" and "sometimes" then there may be some warning signs. Violence can be subtle at first, and escalate in a relationship without you really noticing. You could set some clear boundaries for yourself about what you are not going to put up with and make sure you stick to those in the future. You could read more about family violence and its effects so you are aware if it happens to you. Ring Women's Refuge if you would like more information.

If you've got mostly "sometimes" and "often" it is highly likely that there is a pattern of power and control. The other person is using tactics of psychological abuse and you are in a violent relationship. You could read about safety plans, and understanding violence and talk to Women's Refuge about your options.

If you have answered mostly "often", you and your children could be at serious risk of harm. You may also be experiencing physical and/or sexual violence. Most likely you already know that you are in a dangerous abusive relationship, but we can help you to be free from violence and to live a healthy safe life. If you need help and support call Women's Refuge.