

Are you being emotionally abused?

Does he criticize you all the time, usually over seemingly insignificant things?

Does he dominate what you do, when and how?

Does he have uncontrollable rages in which he shouts and threatens you?

Does he blame you for his faults, his failures and his problems?

Does he threaten you with violence, treat you roughly, or actually resort to violence?

Does he humiliate you in public?

Does he attack your personality, your physical appearance and your general sense of self?

Does he regularly ignore you, punish you by withholding money or threaten to leave you?

Does he make derogatory comments about women often and about you constantly?

Does he ignore or negate how you feel and what you think?

Does he refuse to discuss issues, deny what really happened after a particularly awful scene?

Does he accuse you of being over-sensitive, neurotic and unstable if you try to discuss your feelings with him?

Is he hostile towards your family and friends and does he discourage you from seeing them?

Does he undervalue and mock your achievements and resent your success in any area?

Is he resentful of the time and energy you spend on the children or other family members?

Is he jealous, possessive and irrational in his accusations?

Does he want all your time and attention to the point that you give up friends and activities which were important to you?

Is he an inconsiderate lover who often belittles and humiliates you sexually?

Does he have extramarital affairs?

Does he expect participation in sexual acts with which you are uncomfortable and becomes angry if you refuse him?

If you answered "yes" to 10 or more of the following, then you are in the danger category.