

# Am I causing harm in my relationship?

Ask yourself the following questions;

Do I...

- Hit, slap, push, pull hair, or choke my partner?
  - Including during sexual activity
- Tell my partner who they can be friends with?
- Feel extreme jealousy?
- Often monitor, harass, and track my partner digitally?
- Expect my partner to respond to my calls and texts right away and get mad if they don't?
- Break or destroy my partner's belongings?
- Enjoy seeing my partner in pain, hurt, or crying?
- Try to play mind games on my partner?
- Expect sexual activity and get upset at them if they do not want to?
- Blame, deny, or minimize my behaviors and actions?
- Call my partner names, scream at them, or insult them?
- Try to intimidate my partner to get what I want?
  - displaying weapons, gesturing like you may hit them, mean glares, hurt pets

**If you answered yes to any of these questions, it is important to get help. Nobody deserves to be hurt. Addressing the behavior will take time, but it is important to do the work to have a healthy relationship.**

**Talk to safe adults in your life about getting support.**