

Take the risk test

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Do they criticise you or make you feel stupid or ugly?

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Are they possessive of you and jealous of your previous relationships or your friends or co-workers?

Are they very demanding?

Do they stop you seeing your friends and family?

Do they seem to stop you from achieving at work or at school/college?

Have you tried to end it but feel that they prevented you from leaving/ending the relationship?

Do they constantly contact, follow, stalk or otherwise harass you (even after you have separated)?

Have they ever forced you to have sex or made you do anything of a sexual nature against your will?

Have they ever physically hurt you, your children or a family pet?

Have they ever threatened to harm or kill you, your children or themselves?

Are you scared of your ex or current partner or a family member?

If you answered "yes" to any of the above questions, you may have been affected by domestic violence. Abuse is a crime and it is never your fault. You do not have to deal with this alone. On the following pages you will find explanations and help with our test.



If you have answered 'YES' to the questions in the green zone

At the beginning of your relationship things were great, maybe it got serious quite quickly and it seemed almost too perfect? Then something changed and you started to feel less confident and less content. Are there more low points than high points in your relationship?

If you feel safe to do so you could try talking to your partner/relative about how you are feeling and asking them to consider your feelings. If they refuse to accept how you feel then you may need to think about whether you want this relationship to continue. A healthy relationship should not make you feel confused, uncertain or unhappy.

There is support available for you. You might like to review the information on our website or call us.

If you have answered 'YES' to the questions in the amber zone

It sounds like things are getting worse in the relationship. The level of unhealthy control is increasing. The perpetrator may seem very different now. They may also tell you that they have had bad relationships before. You become aware that they drink more than you thought, misuse drugs or you discover they have a history of violence or abuse. You might start to change your behaviours because it seems easier to give them what they want or what they demand.

This stage is designed to make you feel dependent on them and isolated from people who might question your relationship and be able to support you.

It sounds like there is unhealthy control, emotional, psychological and possibly financial/economic abuse happening in your relationship. If this abuse continues then it may escalate to physical violence or the threat of violence or the perpetrator's controlling behaviours may become even more intense and coercive.

There is support available for you. You might like to review the information on our website or call us.



If you have answered 'YES' to the questions in the red zone

If these things are happening to you now or have happened within the last three months then there is no doubt that you are in a potentially dangerous DA relationship.

There is an increased risk of harm to you (and your children) and it is unsafe for you (and your children) to remain in this relationship without support and safety planning.

If the perpetrator misuses drugs and alcohol, has mental health issues or a previous history of violence or criminality then this also increases your risk.

You may need help to safely end the relationship. We know that separation increases your risk of further abuse including stalking and harassment. Please do not decide or threaten to leave without first getting advice about safety planning.

We would encourage anyone describing these risk factors in their relationship to seek support as soon as possible. Please call us. If you are in immediate danger then please call the police on 110.

When you need domestic violence help the most, sometimes finding the right help is the hardest part. Getting the "right" help is critical in domestic violence situations.

Domestic violence services are as varied as the needs of those seeking help. There are free crisis intervention services for those who need protection from immediate danger. There are shelters for those who need shelter and safety.

There are domestic violence counseling services for those who need an expert witness. There are domestic violence counseling services for those seeking help healing the wounds of relationship violence.

We provide domestic violence counseling and accompaniment for people from all walks of life and at various stages of the domestic violence cycle.