

hot topic

“ I’ve been in an emotionally abusive relationship and can tell you that abuse worsens with time. No woman deserves to be disrespected.”

NOMSA

Are you in an abusive relationship?

Take our quiz to find out if you’re at risk of being abused – or already are a victim.

Your score:

1 a1 b3 c2

2 a3 b1 c2

3 a3 b2 c1

4 a3 b1 c2

1 Your partner has upset you. You:

- a Talk to him.
- b Stay silent in case he loses it.
- c Wait till he’s in a better mood.

2 When your partner is angry, he usually does things such as:

- a Clenching and unclenching fists.
- b Going for a drive.
- c Drinking.

3 How has your life changed since your relationship?

- a You’ve lost contact with friends or loved ones.
- b You’ve neglected your goals.
- c You sometimes experience relationship stress.

4 Your partner is most likely to say:

- a “If you love me, you’ll only need me.”
- b “Sometimes we argue.”
- c “Don’t push my buttons.”

RESULTS

4-7 Healthy relationship

Although your partner might show signs of insecurity, you have open communication with him and you respect each other. These are crucial in relationships. Your relationship is generally healthy.

8-11 Warning signs

Often abusers are moody and unpredictable, which is worsened by the use of alcohol. Keep a record of how your partner treats you so you gain a better view into the relationship. Don’t neglect your life – remember that your support systems are important.

12-15 Red flags

It seems you’re in an unhealthy, perhaps even abusive, relationship. Even if your partner has never laid a hand on you, abuse can be verbal or emotional.

FOR MORE INFORMATION: [HTTP://WWW.](http://www.ilrcrbay.com/upload/custom/abuse/content/abusers.htm)

[ILRCRBAY.COM/UPLOAD/CUSTOM/ABUSE/CON-](http://www.ilrcrbay.com/upload/custom/abuse/content/abusers.htm)

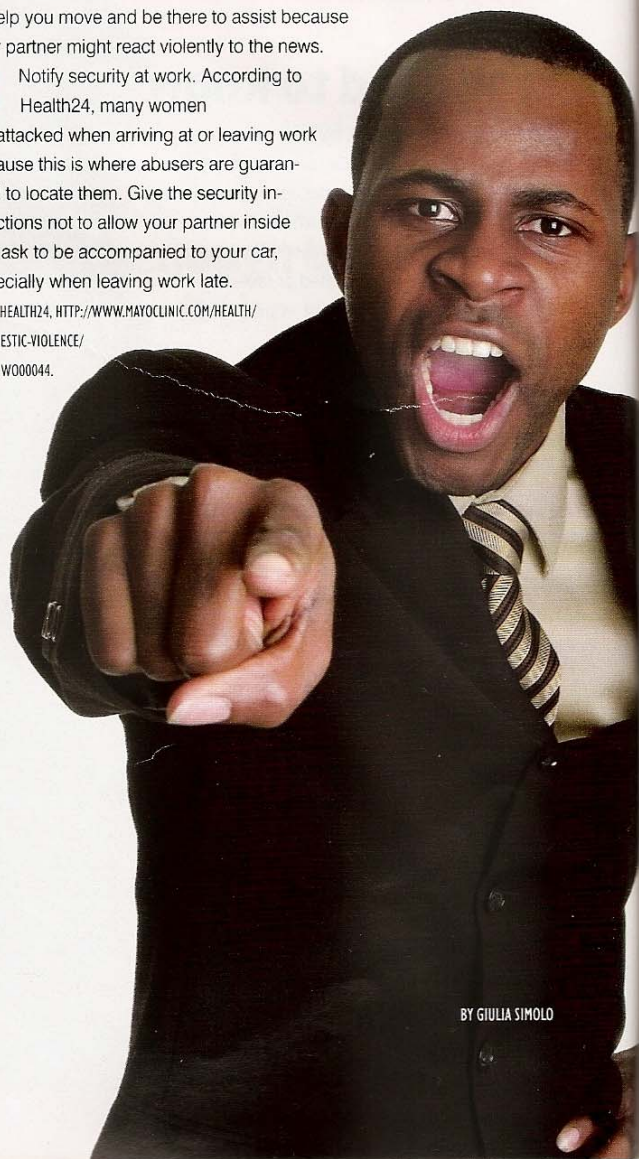
[TENT/ABUSERS.HTM.](http://www.ilrcrbay.com/upload/custom/abuse/content/abusers.htm)

Is your life worth it?

The longer you stay in an abusive relationship, the more frequent and severe the abuse becomes. It strikes your wellbeing and self-esteem. The only way to end the negative situation is to leave the relationship. Here’s some advice on how to do that:

- 1 Speak to someone you trust. This can be a relative, friend or doctor. It might be difficult to talk about the abuse, but you will feel relief and gain support.
- 2 Have a safety plan. Leaving your abuser might be dangerous so it’s good to call a women’s shelter or domestic violence helpline for advice. They will help you figure out a plan to get you out of the situation. Prepare an emergency bag with things you’ll need when you leave, such as clothes and keys. Keep the bag at a friend or neighbour.
- 3 Prevent your abuser from monitoring you. Delete your text messages and call register after use. Change your e-mail password regularly.
- 4 When you decide to tell your partner you are leaving, don’t do it alone. It’s a good idea to ask male relatives or friends to help you move and be there to assist because your partner might react violently to the news.
- 5 Notify security at work. According to Health24, many women are attacked when arriving at or leaving work because this is where abusers are guaranteed to locate them. Give the security instructions not to allow your partner inside and ask to be accompanied to your car, especially when leaving work late.

HEALTH24. [HTTP://WWW.MAYOCLINIC.COM/HEALTH/DOMESTIC-VIOLENCE/W000044.](http://www.mayoclinic.com/health/domestic-violence/W000044)



BY GIULIA SIMOLO