

DO I...

- Embarrass or make fun of my partner in front of friends or family?
- Put down my partner's accomplishments or goals?
- Make it difficult for my partner to make decisions?
- Use intimidation or threats to gain compliance?
- Tell my partner that they are nothing without me?
- Treat my partner roughly – grab, push, pinch, shove or hit my partner?
- Call several times or show up to make sure they are where they said they would be?
- Use drugs or alcohol as an excuse for saying harmful things or abusing my partner?
- Blame my partner for how I feel or act?
- Pressure my partner sexually?
- Belittle or put down my partner?
- Keep my partner away from friends or activities out of jealousy?

- Prevent my partner from doing things they want – like spending time with family or friends?
- Try to keep my partner from leaving after a fight or leave them somewhere after a fight to "teach them a lesson"?
- Punch walls, slam doors or break things when my partner is present?

IF YOU ANSWERED YES TO ANY OF THESE QUESTIONS, YOUR BEHAVIOUR IS ABUSIVE.

WHAT CAN I DO...

- Accept the fact that my violent behavior will destroy my family.
- Be aware that I am breaking the law when I physically hurt someone.
- Take responsibility for my actions and get help.
- When I feel tension building, I will remove myself from others that I may hurt. I will work off tension through a walk, a project, or exercise.
- Realize the abusive behaviour will only stop if I am prepared to make changes.

- The support of family, friends, and professionals are essential in helping me to be successful in acknowledging my behaviour and maintaining non-abusive behaviour.

WHERE CAN I GET HELP...

- I am not the only one who uses abusive behaviour in relationships with others but I am the only one who can stop it.
- There a number of organizations that works with individuals who abuse others in intimate relationships.
- Some agencies work with people individually while others offer a group setting where people can work through their issues with others

Recognizing that my behaviour is abusive is the first step to creating change for my family and myself.

For Further Information

Crisis Hotlines:

Support Network Distress Line 482-4357
Emergency Social Services (after hours) 427-3390
Seniors Abuse HelpLine 454-8888

Organizations specializing in services for abusive individuals:

AADAC 427-2736
City of Edmonton Community Services (Assessment and Referral)
West 944-5533
East 496-5941
Central and River Valley 496-4777
South 944-5539
Cornerstone Counselling Society 482-6215
Edmonton Family Violence, Training, Education and Research Centre 439-4635
Family Violence Prevention Centre (Edmonton John Howard Society) 423-1635
The Family Centre 423-2831
YWCA of Edmonton Counselling Services 423-9922

Support Groups:

Aboriginal Consulting Services Association of Alberta (Circle of Safety) 448-0378
Changing Ways (for men) 439-4635
The Family Centre 423-2831

Police:

Emergency 911
Non-emergency Complaints 423-4567

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FAMILY VIOLENCE

IS MY BEHAVIOUR ABUSIVE?

This pamphlet has been developed as part of the **Community Initiatives Against Family Violence**