

Is Your Relationship on the Right Road?



Your Partner Uses **ABUSE** Tactics to Gain Control in the Relationship

- You or your partner are possessive
- There are threats to kill yourself or partner
- You or your partner are fearful
- You can't express true feelings or beliefs without negative consequences
- You or your partner feel it is ok to be the one "in charge" or to make all the decisions
- You or your partner hit, kick, shove, slap or use other forms of physical abuse
- You or your partner has forced the other one to engage in sexual activity against their will

Warning signs that your relationship is **UNHEALTHY** and may become abusive.

- During a break up, one person won't let go
- Much of the time is spent on apologies, promises, guilt and anger
- You or your partner are often jealous
- You spend all of your time together
- One person doesn't trust the other one
- You feel desperate
- You feel worse about yourself
- There are rigid expectations for how boys and girls should act
- You or your partner use lies or manipulation to get what you want

Your relationship is based in **EQUALITY** and mutual respect.

- You encourage each other to be who you want to be
- You can choose your own friends, activities, and interests
- You can be yourself
- You can express yourself
- You feel safe to argue or disagree
- You feel good about being together
- You can trust each other

If you or your partner has "crossed the line" into an unhealthy or abusive relationship, we are here to help.

Call 973-267-7520 or 1-877-R-U-ABUSED for the Dating Abuse Prevention Program of JBWS