

ARE YOU IN AN ABUSIVE RELATIONSHIP? RATE YOUR MATE.

Just complete the following quick test.
Mark one answer square for each question.

Does the Person You Love...

1. "Track" all of your time?
2. Discourage other friendships?
3. Criticize you for little things?
4. Have extreme mood changes?
5. Anger easily when drinking?
6. Argue over financial matters?

Questions	1	2	3	4	5	6
FREQUENTLY = 3						
SOMETIMES = 2						
RARELY = 1						
NEVER = 0						

SUBTOTAL SCORE _____

Has the Person You Love Ever...

7. Hit or kicked you?
8. Threatened you with an object/weapon?
9. Given you visible injuries?
10. Been violent toward your children?

Questions	7	8	9	10
FREQUENTLY = 3				
SOMETIMES = 2				
RARELY = 1				
NEVER = 0				

TOTAL SCORE _____

Over for test results

WHAT YOUR SCORE INDICATES:

- 0 – 5 You are not in an abusive relationship.
- 6 – 12 Your relationship has the potential for violence.
- 13 – 29 You are in a seriously abusive relationship. Consider getting help NOW.
- 30 – 42 You are in a dangerously abusive situation. Your life is in jeopardy. *Get help NOW.*

Would You Like Help or More Information?

Contact CHOICES. CHOICES offers a wide range of services for victims and survivors of domestic violence, family members, friends, employers and professionals in central Ohio. Call if you need:

- 24- Hour Crisis and Information Hotline
- Counseling
- Legal Support and Advocacy
- Support Groups
- Community Education and Professional Training
- Temporary Shelter

CHOICES Mission Statement:

- Interrupt the cycle of domestic violence in this community; and
- Advocate for social change.



choices
ELIMINATING DOMESTIC VIOLENCE

P.O. Box 06157 • Columbus, OH 43206-0157
Information and Crisis Line 614.224.4663
Business Line 614.258.6080
www.choicesdvcols.org



United Way
of Central Ohio

Let's get to the heart of what matters.

