

# Do you recognize your life?

**IF YOU RECOGNIZE YOUR LIFE – GET HELP  
IT WILL ONLY GET WORSE – UNLESS YOU DO SOMETHING**

Does your Partner:

- Tell you that you can never do anything right?
- Show jealousy of your family and friends and time spent away?
- Accuse you of cheating?
- Keep or discourage you from seeing friends or family members?
- Embarrass or shame you with put-downs?
- Control every penny spent in the household?
- Take your money or refuse to give you money for expenses?
- Look at or act in ways that scare you?
- Control who you see, where you go, or what you do?
- Dictate how you dress, wear your hair, etc.?
- Stalk you or monitor your every move (in person or also via the internet and/or other devices such as GPS tracking or your phone)?
- Tell you that you are a bad parent or threaten to hurt, kill, or take away your children?
- Threaten to hurt or kill your friends, loved ones, or pets?
- Intimidate you with guns, knives, or other weapons?
- Pressure you to have sex when you don't want to, or to do things sexually they are not comfortable with?
- Force sex with others?
- Prevent you from making your own decisions?
- Refuse to use protection when having sex or sabotaging birth control?

- Pressure or force you to use drugs or alcohol?
- Prevent you from working or attending school, harass you at either, keep you up all night so you perform badly at your job or in school?
- Destroy your property?
- Use drugs or alcohol as an excuse for saying hurtful things or abusing you?
- Blame you for how they feel or act?
- Make you feel like there "is no way out" of the relationship?
- Try to keep you from leaving after a fight or leave you somewhere after a fight to "teach you a lesson"
- Do you Sometimes feel scared of how your partner will act?
- Do you Constantly make excuses to other people for your partner's behavior?
- Do you Believe that you can help your partner change if only you change something about yourself?
- Try not to do anything that would cause conflict or make your partner angry?
- Always do what your partner wants instead of what you want?
- Stay with your partner because you are afraid of what your partner would do if you broke-up?

*The National Coalition Against Domestic Violence (NCADV)* <https://ncadv.org/learn-more>

**If you are in immediate danger, please call 911.**

Family Violence Prevention Services, Inc., (FVPS) <http://fvps.org>

Battered Women And Children's Shelter (BWCS)

7911 Broadway

San Antonio, TX 78209

Hotline: (210) 733-8810

Phone: (210) 930-3669

Web: <http://fvps.org>

National Domestic Violence

Hotline at 1-800-799-7233 (SAFE) or 1-800-787-3224 (TTY). anonymous, confidential help, 24/7,

Bexar County District Attorney's Office

210-335-2311

If you are a victim of domestic violence,  
have a plan of action for you, your children and your pets.

If you are a victim of domestic violence,  
have a plan of action for you, your children and your pets.

**NOW - Think out that PLAN**

Where you will go?

Do you have enough money hidden away to get there?

Hide what you need to take with you.

Know how to get to your kids and your animals.

Write it down **SOMEWHERE SAFE, THAT YOUR ABUSER CAN'T FIND.**

It is hard to think clearly in the swirling fury of the hurricane.