

How do I know if I am a family violence abuser?

Does the person you love:

- Feel threatened and afraid you may hurt them or the children?
- Think you will never keep your promise to never hurt them
- Feel embarrassed because you put them down in public?
- Is afraid you will hit them, throw them down, push, choke, kick, or slap them?
- Is afraid you will force them to have sex when they don't want to?
- Think you will prevent them from going to school, or going to work?
- Think you will keep them from seeing friends or family members?

These can be signs of an abuser.

No one has the right to physically or emotionally abuse their spouse or partner.
Family violence is against the law.

When can a person be considered an “abuser”?

A physically abusive person “abuser” is a person who has a consistent pattern of coercive control of an intimate partner. Coercive control includes different forms of psychological abuse, intimidation, inflated and intrusive sense of entitlement, and various forms of physical abuse (Alderando, E. and Medero, F., 2002)

People seeking information and resources for their abusive behavior first need to recognize they have chosen this behavior as a dynamic in their relationships and need to know how those choices have harm others.