A strong, self-sufficient survivor of many dangerous situations as a police officer, she never thought of herself as a victim of domestic violence until she was pushed down the stairs and was so badly injured that she ended up in the hospital.

A domestic violence counselor about a survivor
Ask yourself...does your partner:

1) Constantly ridicule or insult you?
2) Become extremely jealous?
3) Undermine your sense of power or confidence?
4) Keep you financially dependent?
5) Make you account for every minute you are not together?
6) Manipulate you with lies, contradictions, or promises?
7) Prevent you from seeing your friends and family?
8) Get angry when you disagree?
9) Make you ask for permission before you go out, get a job, or go to school?
10) Abuse your pet to frighten you?
11) Destroy your property?
12) Restrain you?
13) Throw objects at you?
14) Threaten you with weapons or objects?
15) Threaten to hurt your children?
16) Hit, slap, punch, shove, kick, or otherwise physically abuse you?
17) Force you into unwanted sexual situations?

If you answered “yes” to one or more of these questions, you may be a victim of domestic violence.

REMEMBER, YOU ARE NOT ALONE.
HELP IS AVAILABLE.

For information and/or referrals, call the National Domestic Violence Hotline at (800) 799-SAFE.