

DATING ABUSE

CAN ABUSERS CHANGE – QUIZ



Is your relationship really becoming free from abuse? Answer **yes** or **no** to the following questions to find out.

Take a moment to complete this quiz and see if your abuser can change. At the end, you'll find out how to **score** your answers.

1. Is my partner more receptive of my activities than they were in the past?  **YES**  **NO**
2. Is my partner open to talking about how their behaviour makes me feel?  **YES**  **NO**
3. Is my partner openly seeking professional help because they really want to change?  **YES**  **NO**
4. Is my partner accepting responsibility for their actions and acknowledging that their behaviour is/was unhealthy and unacceptable?  **YES**  **NO**
5. Is my partner upset when I express a different opinion?  **YES**  **NO**
6. Does my partner have a possessive attitude towards me and my actions?  **YES**  **NO**
7. Does my partner act like a victim for having to change or believe that I owe him/her something for changing?  **YES**  **NO**
8. Does my partner blame me for their problems?  **YES**  **NO**
9. Does my partner make excuses for abusive behaviour, past or present?  **YES**  **NO**
10. Does my partner dismiss how much I was hurt by the abuse?  **YES**  **NO**
11. Does my partner take my feelings seriously?  **YES**  **NO**
12. Does my partner hurt me physically, even if violence doesn't seem like a big deal?  **YES**  **NO**
13. Does my partner substitute violence with abusive language or emotional abuse?  **YES**  **NO**
14. Does my partner use pressure or guilt against me when it comes to our sex life?  **YES**  **NO**
15. Does my partner use methods of intimidation, control or humiliation?  **YES**  **NO**
16. Does my partner fall back on abusive behaviour when we argue?  **YES**  **NO**

SCORING:

It's now time to add up your scores!

Give yourself 1 point for answering **'yes'** to questions 1-4, and 5 points for every **'yes'** response to questions 5-16.

Now that you've got your score, the next step is to find out what it means. Simply take your total score and see which of the boxes below applies to you...

SCORED 1-4 points

If you scored 1-4 points, you may be noticing some positive changes in your partner's behaviour. However, it is a good idea to keep an eye out for any signs that abusive behaviours are returning, even small ones.

Remember, even if your partner has made changes in their behaviour, you don't have to stay in that relationship. Remind yourself that you have a choice and deserve to be safe and healthy, no matter what you choose.

SCORED 5 or more points

Your partner still has a lot of work to do.

Even though your partner has agreed to change he/she is still hurting you. You may want to seriously consider leaving the relationship and ending all contact. Remember that your safety comes first.

