

53 CLUES TO RECOGNIZE ABUSE!

Abuse can show up in our lives in a variety of ways and usually from those we love and trust. All too often we overlook the abusive behavior in others by blaming ourselves or by brushing it off as “that is just the way he or she is.” Rarely do we realize the effects of long term exposure to abusive behavior and how it can affect the quality of our other relationships. These clues can be applied to children, women, men, elders and others.

Take a few minutes to review and answer the following questions. Just go with your first response and be honest with yourself. At the end of this questionnaire you will see exactly what abuse is, and how much of it is in your life.



Emotional Abuse

- 1. Does your abuser hold back approval, gratitude, or love as punishment?
- 2. Has your abuser neglected your feelings?
- 3. Has your abuser made fun of your beliefs, faith, race, traditions or class?
- 4. Does your abuser put you or your group down with critical remarks?
- 5. Has your abuser intimidated you with threats of leaving or telling you to leave?
- 6. Does your abuser insult or push away your friends and family?
- 7. Has your abuser scared you with threats of hurting you or your family?
- 8. Does your abuser frequently avoid taking part in social events with you?
- 9. Has your abuser avoided working, or sharing money?
- 10. Does your abuser hide money, or the car keys?
- 11. Has your abuser put you down, swore at you or called you bad names like “whore,” “frigid,” “bastard,” “bitch”?
- 12. Does your abuser tear you down personally in public, or with your friends and family?
- 13. Does your abuser discipline your children or deny them treats when he is angry with you?
- 14. Does your abuser say he/she will kidnap the children if you left him/her?
- 15. Has your abuser hurt your pets to get back at you?
- 16. Does your abuser brag about his/her cheating on you?
- 17. Have you had to beg or plead with your abuser for money to cover expenses for the children, or for meeting the household budget?
- 18. Does your abuser try to control you with lies and inconsistencies?

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- 19. Does your abuser control you by keeping you from being a signer on your auto, or home or other important papers?
- 20. Does your abuser make you feel guilty if you want to go out with friends or associates?
- 21. Does your abuser keep you from bettering yourself such as going back to school?
- 22. Does your abuser pressure you into doing something you don't want to do?
- 23. Has your abuser turned family against you with lies?
- 24. Has your abuser threatened to harm your children to force you to cooperate?
- 25. Does your abuser secretly forge your signature on important papers?
- 26. Does your abuser falsely accuse you of cheating?
- 27. Does your abuser sabotage your efforts to discipline your children?
- 28. Does your abuser try to control how you dress?
- 29. Does your abuser try to control your weight or body shape by making critical remarks?

Physical Abuse

- 30. Has your abuser locked you out of your home?
- 31. Has your abuser physically kept you from leaving?
- 32. Has your abuser tried to strangle you?
- 33. Does your abuser hurt you by hitting, kicking or shoving you?
- 34. Has your abuser attacked or threatened to attack you with a weapon?
- 35. Has your abuser abandoned you when you were sick, hurt, or pregnant?
- 36. Has your abuser subjected you to careless driving?
- 37. Has your abuser left you in you in scary places?
- 38. Has your abuser chased you?
- 39. Has your abuser locked you up someplace?



Sexual Abuse

- 40. Has your abuser raped you?
- 41. Does your abuser disrespect your feelings about sex?
- 42. Is your abuser jealous and angry, and assumes you would have sex with anyone else that was available?
- 43. Does your abuser treat women or men as sex objects?
- 44. Does your abuser criticize you about how you are in bed?
- 45. Does your abuser insist on unwanted or uncomfortable acts?
- 46. Does your abuser intimidate you into undressing when you don't want to?
- 47. Has your abuser been overt in showing sexual interest in another person?

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- 48. Has your abuser had affairs after agreeing to be monogamous with you?
- 49. Has your abuser made you have sex with him/her or others or made you watch others having sex?
- 50. Has your abuser forced sex on you after beating you?
- 51. Does your abuser push you into having sex when you are ill or it is a danger to your health?
- 52. Does your abuser force you to participate in sadistic sexual acts?
- 53. Does your abuser complain to others about your sex life?



There are several types of abuse that include emotional, physical and sexual. These abuses can quite literally rob you of your energy leaving you feeling overwhelmed and burdened. Often times, we don't fully realize what it is doing to our self-esteem and how much it affects the decisions we make.

It doesn't have to be that way, there is a solution. You deserve to be happy, living your life on your terms; however, the choice begins with you.

I would love to talk with you further about your own unique situation with abuse and how you can move toward a life filled with joy and your own self-empowerment.

My name is Judie Keys. I Empower... "Gals and Guys that... Live Abused lives"; I help all women, men, young and old. I use Hypnotherapy and New Life Coaching. I can help you eliminate abuse in your life because I was once a victim. I have **"Been There, Done That."** Now, I can help you, or someone you know, deal with those issues. I have over 24 years experience helping people just like you, and I have earned over 20 certifications in my profession.

Eliminate any limitations that might stop you. Get rid of negative feelings such as anger, sadness, fear, guilt and shame. Change self-sabotaging behavior. Imagine "programming" your dream and seeing it come true. It all starts with you. Sessions are available by phone or in my San Diego office. Call for your Free Consultation at **858 560-0557 or 619 961-7555.** **Together we can discover the new future you have ahead of you. A life that is completely free of abuse, and it's devastating effect on you.**



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