



*Empowering survivors of*

*Gender-Based Violence*

## **AM I BEING ABIUSED Self-Assessment Workbook**

### **A Personal Reflection Tool**

This workbook is designed to help you reflect on your relationship and identify behaviours that may be unhealthy, controlling, or abusive. Abuse can take many forms, including emotional, verbal, psychological, financial, digital, sexual, and physical abuse.

There are no right or wrong answers. Be honest with yourself as you work through each section.

**Important:** If you are in immediate danger, contact emergency services or a trusted support organisation as soon as possible.

### **How to Use This Workbook**

As you work through each section:

- Answer honestly
- Trust your instincts
- Reflect on patterns, not isolated incidents
- Consider how these behaviours make you feel
- Remember that abuse is never your fault

Keep a pen handy and make notes throughout the workbook

### **Section 1: Warning Signs**

The following warning signs may indicate an unhealthy or abusive relationship.

#### **Check all that apply:**

- ☐ I often feel nervous, anxious, or fearful around my partner.
- ☐ My partner regularly criticises, humiliates, or belittles me.
- ☐ I feel like I am "walking on eggshells" to avoid conflict.
- ☐ My partner blames me for their behaviour or emotions.
- ☐ I am made to feel guilty for spending time with friends or family.
- ☐ My partner controls where I go or who I spend time with.
- ☐ I feel isolated from people who care about me.
- ☐ My partner monitors my phone, messages, email, or social media.
- ☐ I feel that my opinions and feelings do not matter.
- ☐ I have become less confident since being in this relationship.

## Reflection

Which warning signs concern you most?

---

---

---

---

## Section 2: Relationship Red Flags

Healthy relationships are built on trust, respect, communication, and equality. The following behaviours are common red flags.

### Check any behaviours you have experienced:

- ☐ Excessive jealousy
- ☐ Possessiveness
- ☐ Controlling behaviour
- ☐ Angry outbursts
- ☐ Intimidation
- ☐ Threats
- ☐ Name-calling
- ☐ Manipulation
- ☐ Gaslighting (making you doubt your reality)
- ☐ Financial control
- ☐ Isolation from friends or family
- ☐ Invasion of privacy
- ☐ Damage to property during arguments
- ☐ Refusal to respect boundaries
- ☐ Blaming others for their actions

## Reflection

How often do these behaviours occur?

- ☐ Rarely
- ☐ Occasionally
- ☐ Frequently
- ☐ Very Frequently

How do these behaviours affect your wellbeing?

---

## Section 3: Self-Assessment Questions

Answer the following questions honestly:

### Emotional Safety

1. Do I feel respected by my partner?
  - ☐ ☐ Yes
  - ☐ ☐ Sometimes
  - ☐ ☐ No
2. Can I express my opinions without fear?
  - ☐ ☐ Yes
  - ☐ ☐ Sometimes
  - ☐ ☐ No

3. Do I feel comfortable setting boundaries?

- ☐ Yes
- ☐ Sometimes
- ☐ No

#### **Independence**

4. Am I free to make my own decisions?

- ☐ Yes
- ☐ Sometimes
- ☐ No

5. Am I encouraged to maintain friendships and family connections?

- ☐ Yes
- ☐ Sometimes
- ☐ No

6. Do I feel pressured to seek permission for everyday activities?

- ☐ Yes
- ☐ Sometimes
- ☐ No

#### **Fear & Control**

7. Have I ever been afraid of my partner's reaction?

- ☐ Yes
- ☐ Sometimes
- ☐ No

8. Do I change my behaviour to avoid conflict?

- ☐ Yes
- ☐ Sometimes
- ☐ No

9. Have I ever felt threatened, intimidated, or unsafe?

- ☐ Yes
- ☐ Sometimes
- ☐ No

#### **Reflection**

What answers stood out to you?

---

---

---

---

#### **Section 4: Safety Concerns**

This section helps you assess your current level of safety.

##### **Consider the following:**

- ☐ Has your partner ever threatened to hurt you?
- ☐ Has your partner ever physically harmed you?
- ☐ Has your partner threatened self-harm if you leave?
- ☐ Has your partner damaged property during arguments?
- ☐ Do you fear what may happen if you end the relationship?
- ☐ Are children exposed to conflict or abuse?
- ☐ Does your partner have access to weapons?
- ☐ Have threats or controlling behaviours increased recently?
- ☐ Do your family or friends have concerns about your safety?

## Emergency Planning

Do you have:

- ☐ A trusted person you can call?
- ☐ Access to emergency funds?
- ☐ Important documents accessible?
- ☐ A safe place to stay?
- ☐ Emergency contact numbers available?

## Reflection

What safety concerns do you need to address?

---

---

---

---

## Section 5: Next Steps

If you identified several warning signs or red flags, consider taking one or more of the following steps:

### Build Your Support Network

- ☐ Speak to a trusted friend or family member.
- ☐ Contact a counsellor or therapist.
- ☐ Join a support group.
- ☐ Reach out to a domestic violence organisation.

### Improve Your Safety

- ☐ Create a safety plan.
- ☐ Save emergency contact numbers.
- ☐ Keep important documents secure.
- ☐ Set aside emergency funds if possible.

### Seek Professional Support

- ☐ Contact a domestic violence support service.
- ☐ Seek legal advice if required.
- ☐ Speak with law enforcement if you feel unsafe.

### Remember

- You deserve to feel safe.
- You deserve respect.
- You deserve healthy relationships.
- Abuse is never your fault.
- Help is available.

## Personal Reflection Summary

### After completing this workbook:

What have I learned about my relationship?

---

---

---

What are my biggest concerns?

---

---

---

What action will I take next?

---

---

---

### Final Thought

**Trust yourself. If something feels wrong, unsafe, or controlling, your feelings matter. Recognising abuse is often the first step toward safety, support, and healing.**