



Domestic violence occurs in an intimate relationship when one person maintains power over the other by using a pattern of controlling and abusive behaviors. The abuse may be physical, sexual, psychological, and/or verbal.

**Interval House provides the following confidential free services:**

- |                                   |                                       |
|-----------------------------------|---------------------------------------|
| 24-Hour Hotline                   | Children's Program                    |
| Emergency Shelter                 | Support Groups in English and Spanish |
| Safety Planning                   | Community Outreach & Education        |
| Crisis Counseling                 | Information and Referral              |
| Civil and Criminal Court Advocacy |                                       |

**Interval House & Interval House East provide services to 24 towns in Central Connecticut:**

- |               |             |               |
|---------------|-------------|---------------|
| Andover       | Farmington  | Rocky Hill    |
| Avon          | Glastonbury | Simsbury      |
| Bloomfield    | Granby      | South Windsor |
| Bolton        | Hartford    | Tolland       |
| Canton        | Hebron      | Vernon        |
| East Hartford | Manchester  | West Hartford |
| East Granby   | Marlborough | Wethersfield  |
| Ellington     | Newington   | Windsor       |

**All calls to the 24-hour hotlines are confidential.**

**Interval House: 860-527-0550**

**Interval House East and West: 860-645-4033**

**Statewide Domestic Violence Hotline English: 1-888-774-2900**

**Statewide Domestic Violence Hotline Spanish: 1-844-831-9200**

**TDD/TTY: 860-249-5384**

[www.intervalhousect.org](http://www.intervalhousect.org)

**INTERVAL HOUSE**

serves 24 towns from Avon to Andover and is Connecticut's largest non-profit domestic violence intervention and prevention program.

Providing comprehensive services from community education to crisis intervention, Interval House staff and volunteers have offered their expertise to victims of domestic violence and their children since 1977.

**Help is available. • You are not alone.**



working to end domestic violence

**24-Hour Hotline: 860-527-0550**

The victim may feel scared, confused, dependent and insecure.

*Physical or sexual assault of an intimate partner – or the threat of – is a crime.*



working to end domestic violence

**IF THIS IS LOVE, WHY DO I FEEL SO BAD?**

**24-Hour Hotline: 860-527-0550**

Business Phone: 860-246-9149

Fax: 860-247-2042

 Find us on facebook:

[www.facebook.com/intervalhousect](http://www.facebook.com/intervalhousect)

[www.intervalhousect.org](http://www.intervalhousect.org)

A self evaluation to determine if your partner is verbally, emotionally or physically abusive.

## Sometimes our love relationship goes wrong.

We may encounter a period of difficulty with our partner, but with good communication and mutual respect we once again restore harmony.

Sometimes, no matter how hard we try to fix things in a relationship, nothing seems to work. Things become difficult and hard to understand and we feel confused. All we know is that if this is love, why do we feel so bad?

**Domestic violence** is the use of different tactics by your present or former partner to dominate and control you.

### These tactics can include:

- Keeping you isolated from work, friends and family.
- The deliberate use of words that hurt and belittle you to erode your self-esteem and self-worth.
- Withholding money.
- Denying affection and intimacy.
- Hurting your pet.
- Physical threats.
- Sexual assaults.
- Beatings.
- Hurting or threatening to hurt your children.

If you are unsure of what is or isn't considered acceptable behavior, please seek professional guidance from a crisis counselor at Interval House for assistance and support.



## Please circle "Y" for Yes and "N" for No.

1. My partner often seems angry at me for no apparent reason.  
Y N
2. My partner makes me feel as if I never do anything right. Nothing is ever good enough.  
Y N
3. My partner often yells at me and calls me names.  
Y N
4. Living with my partner is nerve-racking because I never know what will set him/her off.  
Y N
5. My partner seems suspicious and jealous.  
Y N
6. When I try to express my opinion, my partner does not respond, walks away, or makes fun of me.  
Y N
7. I sometimes feel afraid of my partner.  
Y N
8. I have to account for every dime I spend and have little control over my finances.  
Y N
9. My partner says he/she is good natured around other people, so it must be my fault that he/she is angry.  
Y N
10. My partner does not like me to spend time with my family or friends.  
Y N
11. My partner throws things and breaks things.  
Y N
12. My partner has threatened to injure or kidnap my children in attempts to control me.  
Y N
13. My partner sometimes abuses pets.  
Y N
14. My partner forces me to have sex when I don't want to.  
Y N
15. My partner grabs or pushes me.  
Y N
16. My partner hits me.  
Y N
17. My partner threatens to hit me.  
Y N
18. My partner threatens me with weapons.  
Y N

If you answered **YES to even one** of these questions, your partner may be demonstrating controlling behavior over you. If you feel that there is something wrong with your partner's behavior, trust your instincts and call a crisis counselor at Interval House at 860-527-0550 for more information.

If you answered **YES to three or more** questions, contact a crisis counselor at Interval House at 860-527-0550 to further evaluate your individual situation.

If you answered **YES to any of the last three** questions, please seek help immediately from a crisis counselor at Interval House at 860-527-0550. Your safety may be in jeopardy.

