

ASK YOURSELF . . .

Here are some questions you can ask when you are considering going back to your abuser:

- ** Has he stopped being violent or threatening towards you or others?
- ** Does he still make you feel afraid when you are with him?
- ** Is he able to be angry without becoming verbally or physically abusive?
- ** Are you able to express your anger toward him without being attacked?
- ** Is he able to hear and respect what you are saying even though he might not agree?
- ** Can he negotiate with you without being accusatory or controlling?
- ** Can he respect your right to say "no"?
- ** Is he able to let you know what he is feeling most of the time?
- ** Is he able to express feelings other than anger?
- ** Does he still make you responsible for his anger and frustrations?
- ** Does he respect your right to be different and to make your own decisions?
- ** Do you feel respected and listened to?
- ** Can you go out, go to school or get a job without his "permission"?

This is not meant to be a judgment on your decision, but rather concrete things you may not have thought of before.

Taken from a brochure on *EMERGE* - a batterer's program in Cambridge, MA.