

Crazy Making – Does your partner do things that make you feel crazy?

1. Does your partner suggest that you are ‘stupid’ or ‘crazy’ if you disagree with him?
 - Often
 - Sometimes
 - Never
2. Does your partner apologise and say the abuse is simply a sign of deep love or fear of losing your love?
 - Often
 - Sometimes
 - Never
3. Does your partner suggest that the two of you are in a battle against a world full of enemies?
 - Often
 - Sometimes
 - Never
4. After abusing you, does your partner express so much sorrow, guilt or self-hate that you become the one who comforts your partner?
 - Often
 - Sometimes
 - Never
5. Has your partner burdened you with shameful, embarrassing or criminal secrets that only you know about?
 - Often
 - Sometimes
 - Never
6. Does your partner lie about insignificant things?
 - Often
 - Sometimes
 - Never
7. Does your partner make contradictory demands?
 - Often
 - Sometimes
 - Never
8. Does your partner contradict the positive things other people say about you?
 - Often
 - Sometimes
 - Never
9. Does your partner say negative things about a trait you like about yourself such as ‘vain’ instead of ‘attractive’ or ‘know all’ instead of ‘intelligent’?
 - Often
 - Sometimes
 - Never

PTO

Some partners practice crazy-making. They may move some of your personal things and then replace them, telling you they were there all along.

They may always eat their steak well done, and then one night tell you that they have never liked well done steak.

Some partners lie about unimportant things. The idea is to make you feel confused and weak which may make you less likely to leave.

If this is how you are feeling it may be the right time to seek some support from people who can help you to stay focused on the fact that you are not crazy or losing your mind. You may have family and friends that will support you. However, if you do not then you may want to call Cairns Regional Domestic Violence Service on (07) 4033 6100.