

Isolation – Do you feel isolated?

1. Does your partner ridicule or insult people you like?
 - Often
 - Sometimes
 - Never
2. Is your partner jealous of your friends, family and even pets?
 - Often
 - Sometimes
 - Never
3. Does your partner intercept your mail or telephone calls?
 - Often
 - Sometimes
 - Never
4. Does your partner become angry or upset, dampening your enthusiasm just before, or during a social event you have really looked forward to?
 - Often
 - Sometimes
 - Never
5. Do you discourage people from phoning you at home when your partner is there because he resents it and makes talking difficult or uncomfortable?
 - Often
 - Sometimes
 - Never
6. Do you have less contact and activities with friends and family than before you began the relationship with your partner?
 - Often
 - Sometimes
 - Never
7. Do you feel uneasy about being with your partner and your friends at the same time?
 - Often
 - Sometimes
 - Never
8. Do you feel nervous or frightened of what your partner will say or do if you are even a few minutes late from work, shopping or visiting others?
 - Often
 - Sometimes
 - Never

PTO

If you answered *often* to four or more of these questions you are in danger of becoming isolated from the support and ideas of other people.

As well, if things become worse in your relationship and your partner becomes more abusive, you will be isolated from the kinds of supports that you would have been able to rely on in the past.

If you are feeling isolated talking to some one who understands could be the first step. If you need some support you may want to call Cairns Regional Domestic Violence Service on (07) 4033 6100.