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**The Monopolising All-Powerful Partner**

1. Do you often feel like you are walking on egg shells?
  - Often
  - Sometimes
  - Never
  
2. Do you feel that you need your partner's approval for your clothing opinions or decision?
  - Often
  - Sometimes
  - Never
  
3. Do you at times feel overpowered by your partner's presence whether he is with you or not?
  - Often
  - Sometimes
  - Never
  
4. Do you speak carefully or avoid speaking so as to avoid upsetting your partner?
  - Often
  - Sometimes
  - Never
  
5. Do you time your activities to avoid being noticed by your partner?
  - Often
  - Sometimes
  - Never
  
6. Does your partner claim to be exceptionally bright or knowledgeable, or to have extraordinary powers?
  - Often
  - Sometimes
  - Never
  
7. Does your partner claim to be more aware of 'the ways of the world' than you are?
  - Often
  - Sometimes
  - Never
  
8. Does your partner claim to have friends and contacts who will report your activities when you are away from home?
  - Often
  - Sometimes
  - Never
  
9. Does your partner claim to know the 'right' way to do things and that you do not know what is 'right'?
  - Often
  - Sometimes
  - Never
  - PTO

If you ticked *often* for four or more of these questions you are becoming isolated from other people, for example family members and friends. The monopolisation of your attention may be making you very dependent on your partner and you may lose sight of your own rights, feelings, hopes and dreams.

If you ticked *often* to two or more of questions 6-9 you are in danger of believing that your partner is greatly superior to you and that you are not capable of making your own decisions.

If you are feeling a bit lost in your relationship or swamped by your partner you may feel like talking to someone who will listen to and value what you have to say.

If this is where you are at you can call Cairns Regional Domestic Violence Service on (07) 4033 6100.