

Threats – “If you don’t then I will...”

1. Does your partner threaten to make public the things you’ve done or that you’ve told him in private moments?
 - Often
 - Sometimes
 - Never
2. Does your partner threaten to leave or divorce you whenever you have arguments?
 - Often
 - Sometimes
 - Never
3. Does your partner threaten suicide or mental breakdown if you leave or withdraw love or affection?
 - Often
 - Sometimes
 - Never
4. Does your alcoholic partner hint at the possibility of drinking again unless you do as he says and try to avoid upsetting him?
 - Often
 - Sometimes
 - Never
5. Does your partner threaten to ‘punish’ you or ‘teach you a lesson’ if you misbehave?
 - Often
 - Sometimes
 - Never
6. Does your partner threaten to take your car keys, money or key card if you do not comply with his demands?
 - Often
 - Sometimes
 - Never
7. Does your partner use bodily or facial expressions or noises to show extreme anger and loss of control in order to frighten you?
 - Often
 - Sometimes
 - Never
8. Has being hit or beaten in the past made you fear it happening again if you don’t comply?
 - Often
 - Sometimes
 - Never
9. Does your partner keep guns, knives or other weapons close at hand?
 - Often
 - Sometimes
 - Never

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Some women are extremely frightened of their partners, even though they may never have been physically attacked, or perhaps not physically attacked for a long time. Some partners use all sorts of threats to control.

If you ticked *often* to three or more of questions 1-5 you may feel threatened with the loss of your partner. If this is the case, then the responsibility you feel for your partner's mental illness or threats to suicide, and the use of power makes it certain that you cannot have a relationship based on mutual respect and love.

If you ticked *often* or *sometimes* to questions 7-9 you may be in serious danger. One way to diminish the threats is to ignore them. However, this may be done at the risk of serious injury to you or your children.

If you have reached the point where you cannot ignore it any more, you may wish to talk to someone at Cairns Regional Domestic Violence Service on (07) 4033 6100 about your options.