
Humiliation – Do you feel humiliated and degraded?

1. Does your partner force you to do things that are against your religious and moral values?
 - Often
 - Sometimes
 - Never
2. Does your partner ridicule the traits that you admire most in yourself?
 - Often
 - Sometimes
 - Never
3. Does your partner tell you that no one else will want you?
 - Often
 - Sometimes
 - Never
4. Has your partner talked you into doing something and then made you feel guilty or ashamed about it?
 - Often
 - Sometimes
 - Never
5. Does your partner keep you up late talking about real or imagined sexual encounters that he believes you have engaged in?
 - Often
 - Sometimes
 - Never
6. Does your partner force you to apologise for things that you did not do?
 - Often
 - Sometimes
 - Never
7. Does your partner insist that you ask permission to spend money for household or personal items whether the money is in a joint fund or your own income?
 - Often
 - Sometimes
 - Never
8. Does your partner call you names with derogatory sexual or racial connotations such as “black slut”, “whore” or “cunt”?
 - Often
 - Sometimes
 - Never
9. Does your partner flaunt relationships or flirt with others while in your presence?
 - Often
 - Sometimes
 - Never

PTO

If you answered *often* to three of these questions then you may be in a relationship in which there are activities or demands made of you which cause you to feel degraded or humiliated.

People who experience these kinds of dynamics in the relationship often do not reach out for help because they feel ashamed to talk to anyone about it.

As well, they may hope that things will get better or that they can 'fix' the relationship. Sometimes it can seem that 'fixing' the relationship will make the humiliation experienced seem like it was in a good cause. This might find you sticking up for your partner when others are criticising his abuse of you.

It may be that you want to talk to someone who will listen without judgement. If this is the case then call Cairns Regional Domestic Violence Service on (07) 4033 6100.