

Is my relationship unhealthy?

My relationship keeps me isolated from friends and family

I am fearful of the relationship I'm in

My partner frightens, manipulates, or threatens me

I am made to feel like I deserve to be mistreated and I am not worthy

I feel controlled and trapped in my relationship

I am often humiliated in front of others in my relationship

My partner physically harms, injures, and/or bruises me

I am not allowed to have any control over my money

I am scared to be alone with my partner

My religious beliefs are often used against me

My partner places blame on me when anything goes wrong

I feel gaslighted into thinking their behavior is my fault



If you have checked any of these boxes, these are signs your relationship may need help. An-Nisa has available programs that are designed to do everything from **making your relationship healthier or getting you to a safer place.**

