

Might you be an “Intimate Terrorist”?

It is possible that your intimate partner(s) feel like they are living with a terrorist if the answer to one, or more, of the following is true for you:

- You have called your partner bad names and used put-downs
- You use behaviors to try to scare your partner
- You try to control where your partner goes and with whom your partner talks to or spends time
- You keep track of your partner’s whereabouts
- You constantly worry that your partner is cheating on you, or that your partner is planning to leave you
- You try to stop your partner from talking to family and friends
- You control your partner’s spending and limit your partner’s access to money
- You have to make all the decisions for the family
- You have called your partner a bad parent or threatened to take the children away
- You hit or threatened to hit your partner, and then either denied doing it or minimized it
- You have threatened to destroy your partner’s property or to hurt your partner’s pet
- You have brandished a gun, knife, or other weapon in front of your partner
- You have shoved, slapped, hit, or physically restrained your partner
- You have threatened to commit suicide
- You have threatened to kill your partner

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