

# THE BULLY BAROMETER

1. Does he criticize you constantly and no matter how hard you try to please him it isn't good enough?
2. Does he constantly blame you for all his problems or anything that goes wrong for him?
3. Does he ridicule you when you are alone and in public, even if that ridicule is hidden in humor?
4. Does he refuse to discuss problems, accuse you of being unstable or making things up if you try to force the conversation?
5. Does he undermine your opinions and your feelings and undervalue your achievements?
6. Does he constantly criticize your friends and try to prevent you from seeing them?
7. Have you given up important activities such as hobbies or sports or people to please him?
8. Does he flirt with your friends or tell you how much better they are than you to make you feel insecure and unwilling to see them?
9. Does he constantly criticize your family and try to prevent you from having contact with them?
10. Does he constantly accuse you of flirting or having inappropriate contact with other men?
11. Does he manipulate you with money by withholding it or making you spend your money on him?
12. Does he constantly demand sex when you are unwilling and accuse you of not loving him if you do not have sex with him?
13. Does he try to force you to do sexual acts with him that you are uncomfortable with?
14. Does he withhold sex to punish you for making him angry?
15. Does he threaten to leave you if you displease him?
16. Does he have affairs with other women?