



Are You Financially Abused?

Financial Abuse Checklist:

If you are in a relationship that you think might be financially abusive, review the list below to determine if the behaviors your partner, parent or caretaker exhibit are abusive.

If you have experienced any of the things described below, you may be (or may have been) in a financially abusive relationship.

To note: while we use the word 'partner' in these questions, financial abuse is not limited to romantic relationships. Financial abuse can also come from parents, caretakers, employers, or anyone whose goal is to deprive you of the means to food, shelter, and other basic necessities for self-sustainment.

Sometimes, we don't want to believe we're being abused. If you're struggling to accept it, this is the first step in the healing process.

~ Justine Manzano

Does your partner withhold funds from you?

Does your partner keep bank account information from you? Do you know for certain how much money is in your bank account?

If you have a job, are you required to give all of your money to your partner?

Does your partner hide assets from you?

Does your partner force you to take out loans or borrow money?

Have you ever willingly borrowed money for your household, but have no input or knowledge of where that money went or how it was spent?

Does your partner refuse to provide you with money for the caretaking of your children?

If you have separated from your partner and have children, does your partner withhold child support?

Does your partner berate you for money you spend?

Is anything you buy considered less important or less necessary than things your partner spends money on?

Are you forbidden to get a job?

Does your partner choose what kind of job you're allowed to have?

Has your partner racked up debt in both of your names?

Has your partner ruined your credit score by incurring debts in your name and/or not paying debts?

One yes to any of these questions means you are financially abused. To learn more about what this means and how to break free, visit our website below.