

# Are you experiencing DFV?



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Sometimes domestic and family violence (DFV) can be hard to identify.

If you're unsure, worried, or think you might be experiencing DFV, you can ask yourself some important questions.

### Ask yourself or someone you trust

Is the relationship I'm worried about with my romantic partner (or an ex-partner), a member of my family, or my informal carer?

If the answer is yes, you might be experiencing DFV.

Is the relationship I am worried about a healthy relationship or an unhealthy relationship?

In a healthy relationship:

- you feel happy, safe, valued and respected
- you trust each other, and can talk about your feelings, your opinions and your problems
- you try and solve problems together
- you don't worry about what the other person will say to you or what they will do to you
- you feel like you matter.

But an unhealthy relationship can make you feel scared, unsafe, controlled or trapped.

The person in your relationship might make you feel:

- alone, guilty and embarrassed
- worn down, like you don't matter or you're not heard
- bad or sad and it doesn't seem like your feelings will change
- like you don't have a say in decisions about things you need or what's important to you
- worried about what they will say or do to you.

If you feel any of these things or think you're in an unhealthy relationship, then you might be experiencing DFV.

### Does the person in the relationship I'm worried about use a pattern of physical violence and abuse against me?

A pattern means more than once.

Physical violence is when the person in your relationship hurts your body.

Non-physical violence is when the person in your relationship treats you badly to hurt, scare or control you.

# Are you experiencing DFV?



DFV can be a pattern of physical or non-physical abuse.

If you sometimes, often or always feel scared, sad, unsafe, trapped or controlled in your relationship, you might be experiencing DFV

## It's important to remember that physical or non-physical abuse in any relationship is never OK

If you're unsure you're experiencing DFV, you can also watch the 'What is domestic and family violence?' video on our website at [www.qld.gov.au/neverok](http://www.qld.gov.au/neverok).

If you think you're experiencing DFV, or any other unsafe or unhealthy relationship, it's important to talk with someone you trust.

You can get support over the phone, online or in-person from your doctor or a disability support worker.

There are many support services you can contact for more information, or to ask for advice or help.

Learn more at [www.qld.gov.au/neverok](http://www.qld.gov.au/neverok).