

Self-assessment road map

Part 1



Were you sold on a dream?

Did someone promise to make your dreams come true? Did they get you away from a bad situation and buy you a condo or take you on a nice vacation?

Dream



Did someone offer to help you make a lot of money?

Did they offer to drive you around, be your friend, or take care of you, all while suggesting you leave home, school, or your family?



How did you meet them?

Through Social Media or a video game chatroom? Did they or their friend send you a DM first?



Are you in Love, BUT

Deep down, you know something isn't right? They act weird. They're hot and cold. Do they want you to work in the sex industry and sleep with other people?

Love



Don't panic if the answers are yes, just keep on going. You are doing great.

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Part 2



AFRAID TO SPEAK?

Do you feel scared to speak up or make suggestions? Does it feel like you can't make decisions, or that what you say does not matter?



ARE YOU GIVING AWAY YOUR EARNINGS?

Do you feel pressured to give away your earnings, social assistance, benefits, or student loans, or feel pressured to use your credit cards and your ID when checking into hotels and Airbnbs?



DO YOU FEEL TRAPPED?

Does it feel like you can't leave?
Does your partner say they love you, but their actions make you feel afraid, controlled, and unsafe?



WEIRD GUT FEELING

Do you feel like something isn't right but can't quite put your finger on it, and most importantly, you just can't explain what is wrong?



DO YOU FEEL EMBARRASSED?

Are you feeling embarrassed, ashamed, or helpless, or like you can't talk to anyone because no one would understand your situation?