

Emotional Abuse Questionnaire

Name _____

Isolation	Never	Rarely	Occasionally	Very Often
I have to do things to avoid my partner's jealousy.				
My partner tries to control whom I spend my time with.				
My partner disapproves of my friends.				
My partner doesn't believe me when I talk about where I've been.				
My partner complains that I spend too much time with other people.				
My partner accuses me of flirting with other people.				
In social situations my partner complains that I ignore him.				
My partner is suspicious that I am unfaithful.				
My partner acts like a detective, looking for clues that I've done something wrong.				
My partner checks up on me.				
My partner keeps me from going places I want to go.				
My partner says I act too seductively.				

	Never	Rarely	Occasionally	Very Often
My partner keeps me from spending time at the things I enjoy.				
My partner threatens to take the car keys if I don't do as I'm told.				
My partner threatens to take the money if I don't do as I'm told.				
My partner threatens to take the checkbook if I don't do as I'm told.				
My partner prevents me from leaving the house when I want to.				
My partner disables the phone to prevent my using it.				
My partner disables the car to prevent my using it.				
My partner threatens to pull the phone out of the wall.				
My partner forcibly tries to restrict my movements.				
My partner acts jealous.				
My partner keeps me from spending time with the people I choose.				

Degradation	Never	Rarely	Occasionally	Very Often
My partner tries to catch me at inconsistencies to show that I'm lying.				
My partner tries to convince other people that I'm crazy.				
My partner tells other people that there's something wrong with me.				
My partner says things to hurt me out of spite.				
My partner tells me that I'm sexually unattractive.				
My partner tells me that I'm sexually inadequate.				
My partner insults my religious background or beliefs.				
My partner insults my ethnic background.				
My partner insults my family.				

Never Rarely Occasionally Very Often

	Never	Rarely	Occasionally	Very Often
My partner talks me into doing things that make me feel bad.				
My partner tells me no one would ever want me.				
My partner humiliates me in front of others.				
My partner makes me do degrading things.				
My partner questions my sanity.				
My partner tells other people personal information or secrets about me.				
My partner swears at me.				
My partner verbally attacks my personality.				
My partner insults me by telling me that I'm incompetent.				
My partner ridicules me.				
My partner forces me to do things that are against my values.				
My partner questions whether my love is true.				

	Never	Rarely	Occasionally	Very Often
My partner compares me unfavorably to other partners.				
My partner intentionally does things to scare me.				
My partner threatens me physically during arguments.				
My partner warns me that if I keep doing something, violence will follow.				
Our arguments escalate out of control.				
I'm worried most when my partner is quiet.				
My partner drives recklessly or too fast when angry.				

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Sexual Coercion	Never	Rarely	Occasionally	Very Often
My partner makes me engage in sexual practices I consider perverse.				
In bed my partner makes me do things I find repulsive.				
My partner is not sensitive to me during sex.				
My partner pressures me to have sex after an argument.				
My partner intentionally hurts me during sex.				
I feel pressured to have sex when I don't want to.				
Even against my will, violence is part of our sex life.				

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Property Damage	Never	Rarely	Occasionally	Very Often
My partner threatens to hurt someone I care about.				
My partner intentionally damages things I care about.				
My partner threatens to break things that are valuable to me.				
My partner damages things in our home.				
My partner threatens to destroy my property.				
My partner does cruel things to pets.				
My partner threatens to hurt animals I care about.				

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Name _____

Date _____

CONFLICT TACTICS

No matter how well a couple gets along, there are times when they disagree, get annoyed with the other person, want different things from each other, or just have spats or fights because they are in a bad mood, are tired, or for some other reason. Couples also have many different ways of trying to settle their differences. This is a list of things that might happen when you have differences. Please circle how many times you did each of these things in the past year, and how many times your partner did them in the past year. If you or your partner did not do one of these things in the past year, but it happened before that, circle "7."

How often did this happen

1 = Once in the past year

5 = 11-20 times in the past year

2 = Twice in the past year

6 = More than 20 times in the past year

3 = 3-5 times in the past year

7 = Not in the past year, but it did happen before

4 = 6-10 times in the past year

0 = This has never happened

I showed my partner I cared even though we disagreed.	1	2	3	4	5	6	7	0
My partner showed care for me even though we disagreed.	1	2	3	4	5	6	7	0
I explained my side of a disagreement to my partner.	1	2	3	4	5	6	7	0
My partner explained their side of a disagreement to me.	1	2	3	4	5	6	7	0
I insulted or swore at my partner.	1	2	3	4	5	6	7	0
My partner did this to me.	1	2	3	4	5	6	7	0
I threw something at my partner that could hurt.	1	2	3	4	5	6	7	0
My partner did this to me.	1	2	3	4	5	6	7	0
I twisted my partner's arm or hair.	1	2	3	4	5	6	7	0
My partner did this to me.	1	2	3	4	5	6	7	0
I had a sprain, bruise, or small cut because of a fight with my partner.	1	2	3	4	5	6	7	0
My partner had a sprain, bruise, or small cut because of a fight with me.	1	2	3	4	5	6	7	0
I showed respect for my partner's feelings about an issue.	1	2	3	4	5	6	7	0
My partner showed respect for my feelings about an issue.	1	2	3	4	5	6	7	0
I made my partner have sex without a condom.	1	2	3	4	5	6	7	0
My partner did this to me.	1	2	3	4	5	6	7	0
I pushed or shoved my partner.	1	2	3	4	5	6	7	0
My partner did this to me.	1	2	3	4	5	6	7	0
I used force (like hitting, holding down, or using a weapon) to make my partner have oral or anal sex with me.	1	2	3	4	5	6	7	0
My partner did this to me.	1	2	3	4	5	6	7	0
I used a knife or a gun on my partner.	1	2	3	4	5	6	7	0
My partner did this to me.	1	2	3	4	5	6	7	0
I passed out from being hit on the head by my partner in a fight.	1	2	3	4	5	6	7	0
My partner passed out from being hit on the head in a fight with me.	1	2	3	4	5	6	7	0
I called my partner fat or ugly.	1	2	3	4	5	6	7	0
My partner called me fat or ugly.	1	2	3	4	5	6	7	0
I punched or hit my partner with something that could hurt.	1	2	3	4	5	6	7	0
My partner did this to me.	1	2	3	4	5	6	7	0

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I destroyed something belonging to my partner.	1	2	3	4	5	6	7	0
My partner did this to me.	1	2	3	4	5	6	7	0
I went to a doctor because of a fight with my partner.	1	2	3	4	5	6	7	0
My partner went to a doctor because of a fight with me.	1	2	3	4	5	6	7	0
I choked my partner.	1	2	3	4	5	6	7	0
My partner did this to me.	1	2	3	4	5	6	7	0
I shouted or yelled at my partner.	1	2	3	4	5	6	7	0
My partner did this to me.	1	2	3	4	5	6	7	0
I slammed my partner against a wall.	1	2	3	4	5	6	7	0
My partner did this to me.	1	2	3	4	5	6	7	0
I said I was sure we could work out a problem.	1	2	3	4	5	6	7	0
My partner said they were sure we could work out a problem.	1	2	3	4	5	6	7	0
I needed to see a doctor because of a fight with my partner, but I didn't.	1	2	3	4	5	6	7	0
My partner needed to see a doctor because of a fight with me, but didn't.	1	2	3	4	5	6	7	0
I beat up my partner.	1	2	3	4	5	6	7	0
My partner did this to me.	1	2	3	4	5	6	7	0
I grabbed my partner.	1	2	3	4	5	6	7	0
My partner did this to me.	1	2	3	4	5	6	7	0
I used force (like hitting, holding down, or using a weapon) to make my partner have sex.	1	2	3	4	5	6	7	0
My partner did this to me.	1	2	3	4	5	6	7	0
I stomped out of the room or house or yard during a disagreement.	1	2	3	4	5	6	7	0
My partner did this to me.	1	2	3	4	5	6	7	0
I insisted on sex when my partner did not want to (but did not use physical force).	1	2	3	4	5	6	7	0
My partner did this to me.	1	2	3	4	5	6	7	0
I slapped my partner.	1	2	3	4	5	6	7	0
My partner did this to me.	1	2	3	4	5	6	7	0
I had a broken bone from a fight with my partner.	1	2	3	4	5	6	7	0
My partner had a broken bone from a fight with me.	1	2	3	4	5	6	7	0
I used threats to make my partner have oral or anal sex.	1	2	3	4	5	6	7	0
My partner did this to me.	1	2	3	4	5	6	7	0
I suggested a compromise to a disagreement.	1	2	3	4	5	6	7	0
My partner did this to me.	1	2	3	4	5	6	7	0
I burned or scalded my partner on purpose.	1	2	3	4	5	6	7	0
My partner did this to me.	1	2	3	4	5	6	7	0
I insisted my partner have oral or anal sex (but did not use force).	1	2	3	4	5	6	7	0
My partner did this to me.	1	2	3	4	5	6	7	0
I accused my partner of being a lousy lover.	1	2	3	4	5	6	7	0
My partner did this to me.	1	2	3	4	5	6	7	0
I did something to spite my partner.	1	2	3	4	5	6	7	0
My partner did this to me.	1	2	3	4	5	6	7	0

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I threatened to hit or throw something at my partner.	1	2	3	4	5	6	7	0
My partner did this to me.	1	2	3	4	5	6	7	0
I felt physical pain that still hurt the next day because of a fight with my partner.	1	2	3	4	5	6	7	0
My partner still felt physical pain the next day because of a fight we had.	1	2	3	4	5	6	7	0
I kicked my partner.	1	2	3	4	5	6	7	0
My partner did this to me.	1	2	3	4	5	6	7	0
I used threats to make my partner have sex.	1	2	3	4	5	6	7	0
My partner did this to me.	1	2	3	4	5	6	7	0
I agreed to try a solution to a disagreement my partner suggested.	1	2	3	4	5	6	7	0
My partner agreed to try a solution I suggested.	1	2	3	4	5	6	7	0