

Violence, Abuse and Controlling Behaviors Checklist

Instructions: The following list contains some common forms of abusive behavior. Read each item and think about whether you have ever acted in this way towards an intimate partner. Circle or check each item you have done. Remember being thoughtful and honest about your past is essential to change.

Emotional

Yelling
Swearing
Put downs and name calling
Making fun of the other person
Insulting/mistreating her family or her children
Humiliating her in public or in front of friends/family
Criticizing or finding fault in her behavior, feelings or ideas
Blaming her for problems in your life
Failing to take her concerns, feelings or needs seriously
Isolating yourself from the family for long periods
Making jealous accusations
Making her account for where and how she spends her time
Verbally attacking her friends
Putting down her goals for her own education and/or work
Controlling conversations by changing topics, interrupting, not listening, not responding or twisting her words
Being manipulative
Lying
Withholding important information
Deciding what's "logical" or important
Cheating on her
Repeatedly not following through on your promises

Being undependable
Blaming her for your violence
Pressuring her to forget or "get over" your abusiveness to her
Denying her feelings of anger, hurt or mistrust caused by your abuse

"Acting like her father" by:

Setting rules for her
Giving her an allowance
Telling her what she can and cannot do
Controlling the money in the house
Telling her what she can or cannot wear out of the house
Withholding money, car or other financial resources
Controlling the use of the TV and/.or other appliances
Automatically assuming that childrearing/household chores are her responsibility

Substance Abuse

(Using drugs, including alcohol in ways destructive to yourself and your family)
Spending money needed for bills
Losing your job
Losing a home or car
Driving dangerously
Being physically or emotionally abusive while under the influence

Using abuse to obtain money for alcohol or drugs

Being abusive when confronted about your drinking or drugging

Sabotaging Outside Relationships

Checking up on her by calling or following her around
Pumping children for information about her behavior
Attacking the friends she spends time with
Accusing her of having affairs
Not allowing her to have male friends or work with male co-workers
Refusing to watch the children so she can go out
Grilling her when she comes home
Keeping her tied down with children
Using religious teachings to control her behavior
Showing up places unexpectedly
Checking mileage on car
Taping her phone calls
Using caller ID and call back features to check on her
Taking her keys
Tampering with her car
Physically or verbally harassing other men in her life

Threatening/ Intimidation

Punching walls
Breaking or destroying furniture
Throwing objects
Overturning furniture
Driving fast or dangerously with others in car
Raising your fist
Slamming things during an argument
Cornering her
Ripping up pictures, letters or other personal possessions
Hurting or killing a pet
Keeping a weapon around which frightens her
Threatening with or pointing a weapon at her
Boasting about your ability to hurt people
Telling stories about your violent past
Threatening her with martial arts or military experience
Threatening to hit, slap, punch
Threatening to hurt her children
Threaten to hurt her family or friends
Threats to hurt yourself if she

doesn't do what you want
Suicidal gestures
Threaten to take legally or illegally take custody of children
Threatening to report her to the authorities
Threatening to financial abandonment of her or children
Threatening divorce
Threatening to betray her secrets
Creating an atmosphere of fear in the household

Physical Violence

Slap
Punch
Choke
Push
Restrain
Thrown down
Pull hair
Pinch
Bite
Spit on her
Strike with weapon, including knife, stick, etc.
Use gun, rifle or bow to hurt her

Sexual Abuse:

Refusing to use birth control
Stopping her from using birth control
Withholding information about your HIV or other STD status
Pressuring her to have sex when she's ill or not feeling well
Making a scene when she does not want to have sex
Threatening to "get sex somewhere else"
Pressuring her to have "make up" sex after your abuse
Putting down her sexual performance
Pressuring her to watch pornography
Using sexually degrading language
Pressuring her to have sex because of your financial support or religious beliefs
Threatening physical harm to obtain sex
Forcing her to do painful or humiliating things during sex
Forcing her to prostitute herself
Forcing her to watch you have sex with another person
Having an affair
Visiting prostitutes

From the above list, write down the two most common behaviors that you have done.

1. _____

2. _____

From the above list, write down the two most destructive behaviors that you have done.

1. _____

2. _____