

Name: _____

Date: _____

**AN ABUSE QUESTIONNAIRE
(FOR MEN WHO HAVE BEEN ABUSIVE WITH THEIR PARTNERS)**

1. When was the last incident you became violent with property or used any kind of physical force with your partner or children? Describe what happened.

2. How long have you been in the relationship with your current partner? How many children do you have and how old are they?

3. How many separate incidents of being violent with property and animals or using any kind of physical force with your current partner and children have occurred?

4. How often have verbal "blow-ups" occurred over the course of the relationship with your current partner or your children? When did the last "blow-up" occur and what happened?

5. How many significant relationships have you had with partners over the course of your life (list first name and length of relationship)? In how many of these relationships were you emotionally, verbally, physically, or sexually abusive (use "e," "v," "p," and "s" to signify the different types of abuse)?

6. Have other people ever told you they were concerned about how you expressed your anger? Have others ever said they were afraid of you? Have others ever seemed intimidated by your anger (e.g. shying away from you)? If so, who said this or acted this way and what did they say or do?

7. On the average, how frequently did you behave in the following ways with your current (or most recent) partner **in the last year you have (had) been together** (or, if separated, in the last year prior to the separation)?

0: never 1: rarely 2: occasionally 3: often 4: very often 5: all the time

- ___ Make generalizations, support stereotypes, or tell demeaning or disrespectful jokes about women around her
- ___ Interrupt her when she was talking (e.g. talking over her)

- ___ Feel tense, stressed, anxious, or angry when you were discussing important issues with her
- ___ Jump to conclusions or make assumptions about what she was saying rather than gathering more information from her
- ___ Try to get her to change her mind, to “see things your way,” or to convince her that you are “right”
- ___ Blame her for your feelings by saying things like “*You're really making me mad,*” or thinking to yourself “*She's the reason I always get so pissed off*” (rather than using “I” language and taking responsibility for what you are feeling)
- ___ Act critical, demeaning, and judgmental about her thoughts, ideas, opinions, and feelings
- ___ Criticize her spending or try to restrict what she actually spends
- ___ Blame her “when things went wrong” (e.g. in the relationship, around the house, with finances, with the children)
- ___ Blame her for your abuse and violence (e.g. thinking to yourself “She just keeps pushing my buttons” or saying to her “*I wouldn't have grabbed you if you wouldn't have yelled at me/pushed me first*”)
- ___ Stomp out in the middle of an argument (**not** taking a respectful time-out)
- ___ Follow her around and not allow her to stop talking about a conflict
- ___ Listen in on her phone conversations
- ___ Call, email, or text your partner over and over again and expect them respond immediately whenever you contact them
- ___ Look for her or follow her when she left your (or her) residence
- ___ Question where she has been, who she has been with, or how she is spending her time (i.e. “interrogating” her)
- ___ Think to yourself that she flirts too much or that she is having an affair/think about or ask her directly if she is involved with someone else
- ___ Make negative or demeaning comments about her body, her looks, or how she makes love: What? _____
- ___ Pressure her to dress in a certain way: How? _____
- ___ Look at or make sexual comments about other women around her: What? _____
- ___ Expect sex because your partner is in a relationship with you (i.e. because she “owes” you this since she is your partner)
- ___ Demand sex from your partner and become blaming and demeaning or sulking and withdrawing if she does not want to have sex with you
- ___ Sulk or withdraw into silence at other times with her: How long? _____
- ___ Glare or stare at her when you are angry with her

8. How many times (try to give a specific number) did you behave in the following ways during the course of the entire relationship with your current and past partner(s)?

- ___ ___ ___ Check your partner’s cell phone, text message, email, or credit card records
- ___ ___ ___ Interfere with her eating or sleeping (e.g. keeping her awake or waking her up to “finish” an argument)
- ___ ___ ___ Tell her that you didn’t want her leaving or spending time with specific people
- ___ ___ ___ Verbally or emotionally pressure her to have sex or to do sexual things that she felt uncomfortable with
- ___ ___ ___ Yell or scream at or around her
- ___ ___ ___ Yell or scream at or around your children
- ___ ___ ___ Insult or belittle her (with put-downs, name-calling): What? _____
- ___ ___ ___ Insult or belittle your children: What? _____
- ___ ___ ___ Insult or belittle other people she cares about (e.g. her friends, her parents): What? _____
- ___ ___ ___ Swear or cuss at or around her: What? _____
- ___ ___ ___ Swear or cuss at or around your children: What? _____
- ___ ___ ___ Make threats to go out or be sexual with other women, to withhold money from her, to leave or get a divorce, or to take the children away from her: What? _____
- ___ ___ ___ Stand near or over her in an intimidating manner (e.g. “getting in her face” or moving into her space)
- ___ ___ ___ Make verbal or non-verbal threats to hurt her: What? _____
- ___ ___ ___ Make verbal or non-verbal threats to hurt or kill yourself: What? _____
- ___ ___ ___ Stand in her way, block her, or actually “corner” her to keep her from going somewhere
- ___ ___ ___ Slam your hand or fist on surfaces, hit a wall or a door, or slam doors or cupboards : What? _____
- ___ ___ ___ Throw or kick objects and property: What? _____

- ___ ___ ___ Break or destroy objects and property: What? _____
- ___ ___ ___ Interfere with her using the phone to call someone, unplug/pull the phone out of the wall, or tamper with the car to keep her from going somewhere: What? _____
- ___ ___ ___ Lock her out of the residence
- ___ ___ ___ Hit/kick/throw/hurt family pets or other animals
- ___ ___ ___ Take, hide, or destroy things that belong or are special to her: What? _____
- ___ ___ ___ Drive recklessly when you are angry and she and/or the children are in the car with you
- ___ ___ ___ Grab, pat, or pinch her in her breasts, crotch, or butt when she did not want you to do this
- ___ ___ ___ Spit at or on her
- ___ ___ ___ Pinch her in any other parts of her body (e.g. in her arm, her cheek)
- ___ ___ ___ Poke her with your finger “to make a point” (e.g. in the chest, arm, face)
- ___ ___ ___ Bump into her or nudge her as you walk by (e.g. to “give her a message”)
- ___ ___ ___ Trip her
- ___ ___ ___ Scratch or bite her
- ___ ___ ___ Rip or tear her clothing
- ___ ___ ___ Throw something at her or in her direction: Give examples _____
- ___ ___ ___ Hit her with something you have thrown at her: Give examples _____
- ___ ___ ___ Push or shove her
- ___ ___ ___ Grab her (e.g. by her arm, by her face)
- ___ ___ ___ Shake her
- ___ ___ ___ Physically restrain her (e.g. wrap your arms around her to keep her in one spot or control her movement)
- ___ ___ ___ Pull her hair
- ___ ___ ___ Throw her around (e.g. onto a couch, a bed, the floor)
- ___ ___ ___ Kick her
- ___ ___ ___ Sit on top of her
- ___ ___ ___ Slap her with an open hand, e.g. on her arm, on her face: Where did you hit her? _____
- ___ ___ ___ Punch her with a closed fist: Where did you hit her? _____
- ___ ___ ___ Have sex with her even when she says “no” or does not wish to be sexual with you
- ___ ___ ___ Push or hit her in the stomach when she was pregnant
- ___ ___ ___ Burn her (e.g. with a cigarette, a lighter, or a match)
- ___ ___ ___ Choke or strangle her (e.g. putting your hands near or on her throat and applying pressure)
- ___ ___ ___ Beat her until she passes out
- ___ ___ ___ Threaten her with an object or weapon (e.g. broom, hammer, shovel, baseball bat, knife, gun) including “playing with” or cleaning a weapon or actually firing a gun around her when you are angry about something:
What did you do? _____
- ___ ___ ___ Use any object or weapon on her: What? _____
- ___ ___ ___ Hit or hurt yourself: How? _____
- ___ ___ ___ Threaten suicide or make an actual attempt to commit suicide: When/how? _____

Have you used any other physical force or abuse with partners that was not described in the list above (if so, give examples)?

What kind of physical discipline or physical force have you used with children? If this has been used, what was done and to whom, how often was it done, and when was the last time it was done?

9. When did the worst abusive incidents with your current and past partner(s) occur and what happened?
- **i.e. the time when you did the most damage, the time when you felt most “out of control,” and/or the time when she (or they) felt the most frightened**
10. Are you now or have you ever been involved with legal consequences as a result of your abuse or violence with your partners or other people or with criminal activity in the past where there was violence or property destruction (vandalism, burglary, robbery)?
- **e.g. involvement with the police, restraining orders, assault or disorderly conduct charges, spending time in jail, going to court, being on probation, being served with divorce papers**
11. Have your partner(s) or children ever been physically injured by your abuse or violence (e.g. red marks, bruises, soreness)? Have you partner(s) or children ever needed any kind of medical treatment as a result of your abuse and violence? Have your partner(s) or children ever sought out counseling as a result of your abuse and violence?
- **If so, when and for what?**
12. How often have verbal “blow-ups” occurred with others outside your immediate family (strangers, acquaintances, friends, co-workers, parents, siblings, relatives, or others) from childhood to the present?
- **If blow-ups have occurred, give examples of when this has occurred and what happened.**

13. How often have you gotten into physical altercations or used physical violence in the past with others outside your immediate family (strangers, acquaintances, friends, co-workers, parents, siblings, relatives, or others) as a child or as an adult?

- **If you have, give examples of when this occurred and what happened.**

14. What percentage of the times when you were controlling or verbally and physically abusive (with your current partner and others) have you been using alcohol or drugs?

- **Do you think your controlling and abusive behavior is related to your alcohol or drug use in any way? If so, how?**

- **Have other people ever expressed concerns about your alcohol or drug use in the past? If so, who expressed concerns and what did they say about your use?**

- **Do you have any concerns about your own alcohol or drug use at this time? If so, what are they?**

15. Have you ever experienced or been treated for any emotional or mental health concerns (e.g. depression, anxiety, ADD)? If so, what were you treated for and when?

- **Do you think these may be related in any way to your controlling and abusive attitudes and behaviors in the past or present? If you do, how are they related?**