

Name: \_\_\_\_\_

Date: \_\_\_\_\_

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

1. When was the last incident your partner became violent with property or animals or used any kind of physical force with you or the children (if you have any)? Describe what happened.
  
2. How long have you been in the relationship with your current partner?
  
3. How many separate incidents of your partner being violent with property or animals or using any kind of physical force with you or the children have occurred throughout the relationship?
  
4. Have often have verbal “blow-ups” occurred over the course of the relationship with your partner or between your partner and your children? When did the last “blow-up” occur and what happened?
  
5. Have you ever felt afraid of or intimidated by your partner?
  - If so, when? Did you communicate this to him in any way? If so, how did you do this and what happened?
  - Are you aware whether others have ever felt afraid of or intimidated by your partner? If so, who felt this way and did they communicate it with him in any way?
  
6. On the average, how frequently did your partner behave in the following ways with you **in the last year you have 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 disrespectful or demeaning jokes about women around you
- \_\_\_ Interrupt you when you were talking (e.g. talking over you)
- \_\_\_ Appear to feel tense, stressed, anxious, or angry when he was discussing important issues with you
- \_\_\_ Jump to conclusions or make assumptions about what you were saying rather than gathering more information
- \_\_\_ Try to get you to change your mind, to “see things his way,” or to convince you that he is “right”
- \_\_\_ Blame you for his anger and other feelings by saying things like “*You’re making me mad,*” or “*You really piss me off*” (rather than using “I” language and taking responsibility for what he was feeling)
- \_\_\_ Act critical, demeaning, and judgmental about your thoughts, ideas, opinions, and feelings
- \_\_\_ Criticize your spending or try to restrict what you actually spend

- \_\_\_ Blame you “when things went wrong” (e.g. in your relationship, around the house, with finances, with the children, in other parts of his life)
- \_\_\_ Blame you for his abuse and violence (e.g. by saying “*I wouldn't have grabbed you if you wouldn't have yelled at me,*” “*You made me do this,*” or “*You just keep pushing my buttons*”)
- \_\_\_ Stomp out in the middle of an argument (**not** taking a respectful time-out)
- \_\_\_ Follow you around and not allow you to stop talking about a conflict
- \_\_\_ Listen in on your phone conversations
- \_\_\_ Call, text, or email you over and over again and expect you to answer him immediately
- \_\_\_ Look for you or follow you when you left your residence
- \_\_\_ Question you about where you have been, who you have been with, or how you are spending your time (i.e. “interrogating” you)
- \_\_\_ Tell you that you flirt too much/ask if you are involved with someone else
- \_\_\_ Make negative or demeaning comments about your body, how you look, or how you make love: What? \_\_\_\_\_
- \_\_\_ Pressure you to dress in a certain way: How? \_\_\_\_\_
- \_\_\_ Stare at or make sexual comments about other women around you: What? \_\_\_\_\_
- \_\_\_ Expect or demand sex from you and then become blaming and demeaning or sulking and withdrawing if you do not want to have sex
- \_\_\_ Sulk, ignore you, or withdraw into silence at other times: How long? \_\_\_\_\_
- \_\_\_ Glare or stare at you when he is angry with you

**7. How many times did your partner do any of the following behaviors during the course of the entire relationship?**

- \_\_\_ Check your cell phone, text messages, email, or credit card records
- \_\_\_ Interrupt or interfere with your eating or sleeping (e.g. keeping you awake or waking you up to "finish" an argument)
- \_\_\_ Tell you that he didn't want you leaving or spending time with specific people (even if you went anyway)
- \_\_\_ Verbally or emotionally pressure you to have sex or to do sexual things that felt uncomfortable for you
- \_\_\_ Yell or scream at or around you
- \_\_\_ Yell or scream at or around your children
- \_\_\_ Insult or belittle you (e.g. with put-downs, name-calling): What kind? \_\_\_\_\_
- \_\_\_ Insult or belittle your children: What kind? \_\_\_\_\_
- \_\_\_ Insult or belittle other people you care about (e.g. your friends, your parents): What kind? \_\_\_\_\_
- \_\_\_ Swear or cuss at or around you: What did he say? \_\_\_\_\_
- \_\_\_ Swear or cuss at or around your children: What did he say? \_\_\_\_\_
- \_\_\_ Make threats to go out or be sexual with other women, to withhold money from you, to leave the relationship or to divorce you, or to take the children away from you
- \_\_\_ Stand near or over you in an intimidating manner (e.g. “getting in your face” or moving into your space)
- \_\_\_ Make verbal or non-verbal threats to hurt you: What? \_\_\_\_\_
- \_\_\_ Make verbal or non-verbal threats to hurt or kill himself: What? \_\_\_\_\_
- \_\_\_ Stand in your way, block you, or actually “corner” you to keep you from going somewhere
- \_\_\_ Slam his hand or fist on surfaces (e.g. a countertop/table) or slam cupboards or doors: What? \_\_\_\_\_
- \_\_\_ Hit the wall or a door: What? \_\_\_\_\_
- \_\_\_ Throw or kick objects and property : What? \_\_\_\_\_
- \_\_\_ Break or destroy objects and property: What? \_\_\_\_\_
- \_\_\_ Interfere with your using the phone, unplug the phone/rip it out of the wall to keep you from calling someone, or tamper with the car to keep you from going somewhere: What happened? \_\_\_\_\_
- \_\_\_ Lock you out of your residence
- \_\_\_ Hit/kick/throw/hurt/kill family pets or other animals
- \_\_\_ Take, hide, or destroy things that belong or are special to her: What? \_\_\_\_\_
- \_\_\_ Drive recklessly when he is angry and you are in the car with him: What? \_\_\_\_\_

- \_\_\_ Grab, pat, or pinch you in the breasts, butt, or crotch when you did not want him to do this
- \_\_\_ Spit at or on you
- \_\_\_ Pinch you (in any other part of your body, e.g. in your arm or cheek)
- \_\_\_ Poke you with his finger “to make a point” (e.g. in your arm or chest)
- \_\_\_ Bump into or nudge you as he walks by (e.g. to “give you a message”)
- \_\_\_ Trip you
- \_\_\_ Scratch or bite you
- \_\_\_ Rip or tear your clothing
- \_\_\_ Throw something at you or in your direction: What? \_\_\_\_\_
- \_\_\_ Actually hit you with something he has thrown at you; What? \_\_\_\_\_
- \_\_\_ Push or shove you
- \_\_\_ Grab you (e.g. by the arm, by your face)
- \_\_\_ Shake you
- \_\_\_ Physically restrain you (e.g. wrapping his arms around you to control you keep you in one spot)
- \_\_\_ Pull your hair
- \_\_\_ Throw you around (e.g. onto a couch, a bed, the floor): Where? \_\_\_\_\_
- \_\_\_ Kick you
- \_\_\_ Sit on top of you
- \_\_\_ Slap you with an open hand (e.g. on your arm, on your face): Where? \_\_\_\_\_
- \_\_\_ Punch you with a closed fist: Where? \_\_\_\_\_
- \_\_\_ Have sex with you even when you said did not want to do this
- \_\_\_ Push or hit you in the stomach when you were pregnant
- \_\_\_ Burn you (e.g. with a cigarette, a lighter, or a match)
- \_\_\_ Choke or strangle you (e.g. putting his hands near or on your throat and applying pressure)
- \_\_\_ Beat you until you pass out
- \_\_\_ Threaten you with an object or weapon (e.g. broom, hammer, shovel, baseball bat, knife, gun) including “playing with,” cleaning, or firing a gun around you when he is angry
- \_\_\_ Use any object or weapon on you
- \_\_\_ Hit or hurt himself: Give examples \_\_\_\_\_)
- \_\_\_ Threaten suicide or actually make an attempt to commit suicide: When/how? \_\_\_\_\_

- Has he ever used any other types of physical force with you that were not described above?

- What kind of physical force or discipline has your partner used with the children? If so, what was done and to whom, how often was it done, and when was the last time it was done?

8. When did the most violent incident or worst abusive incident occur and what happened?
- **i.e. the time when he did the most damage to you, the time when you felt that he was the most “out of control,” and/or the time when you were the most frightened by what was going on**
9. Is your partner now or has he ever been involved with legal consequences as a result of his abuse or violence with you or others?
- **e.g. involvement with the police, restraining orders, disorderly conduct or assault charges, spending time in jail, being put on probation**
10. Have you or your children ever needed been injured as a result of his abuse or violence (e.g. red marks, bruises, cuts, soreness)? Have you or your children ever needed medical treatment as a result of his abuse or violence? Have you or your children ever needed counseling as a result of his abuse or violence?
- **If so, when and for what?**
11. Has he ever, to your knowledge, used emotional, verbal, or physical abuse with previous partners?
- **If so, when did this happen and give some examples of what occurred.**

12. How often, to your knowledge, has your partner had verbal “blow-ups” occur with strangers, acquaintances, friends, co-workers, parents, siblings, relatives, or others when he was a child or an adult?
- **If possible, give examples of when this has occurred and what happened in the incidents.**
13. Has your partner ever, to your knowledge, used physical force or had physical altercations in the past with strangers, acquaintances, friends, co-workers, parents, siblings, relatives, or others as a child or as an adult?
- **If possible, give examples of when this occurred and what happened?**
14. How frequently has your partner been using alcohol or drugs when he was controlling, abusive, or violent (with you or others)?
- **Do you think his abuse and violence is related to his alcohol or drug use in any way? If so, how?**
  - **Have you or others ever expressed concerns about his chemical use to him at any time? If so, who expressed concerns and what were your (their) concerns?**
  - **Do you currently have concerns about his chemical use? What are they?**
15. In your opinion, does your partner have any emotional or mental health concerns at this time (e.g. depression, anxiety, ADD) and is he being treated for them in any way if this is the case?
- **Do you think these may be related in any way to his controlling and abusive attitudes and behaviors? If you do, how do you think they might be related?**

16. Do you have any concerns about your own emotional or mental health concerns at this time. If so, are you being treated for those and are you talking with the professional about your partner's control and abuse and how does the professional respond to your concerns about this treatment?
17. Have you ever used physical force with your partner? If so, give examples.
- Do you have any concerns about how you express your anger with your partner or others? If so, what are your concerns (this can be a safety issue for you when you do this with him if this is an concern for you)?
18. How do you discipline your children?
- Do you have any concerns about how you express your anger with your children or how you discipline them? If so, what are your concerns?
19. How frequently have you been using alcohol or drugs when your partner has been abusive or violent with you?
- Do you have concerns about your own alcohol or drug use (this can be a safety concern for you when you use around him if this is an issue for you)?
20. Have previous partners been controlling, abusive, or violent with you. If so, give examples.
- How did you respond to this abuse? How did these relationships end?