

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

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

## ABUSE QUESTIONNAIRE (FOR MEN WHO ARE ABUSIVE)

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 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

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 actually 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 your 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?**

Parts of this questionnaire adapted from ideas in the Conflict Tactics (CT) Scales (Straus, Gelles, Steinmetz 1980)