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
- Overtopping 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

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**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. ____________________________________________________________