

Abuse Evaluation Form

Directions: Circle the words or phrases that you have experienced in your relationship even if it happened only once.

Physical Abuse

The misuse of size, strength or presence to control or hurt someone.

- Pushing
- Shoving
- Backhanding
- Biting
- Strangling
- Punching
- Burning
- Hair pulling
- Kneeling
- Smothering
- Grabbing
- Kicking
- Twisting arms
- Tearing clothes
- Clenching fist as if to hit
- Stab or cut with knife
- Standing or sitting on
- Smacking repeatedly or a single slap leaving a mark
- Banging your head or pinning you against a wall or the floor
- Holding or carrying you against your will
- Trying to hit you with a car or pushing you out of a car
- Driving recklessly in order to scare
- Throwing objects
- Breaking furniture
- Sweeping objects off a table or dresser
- Breaking windshield or windows
- Intentionally breaking your personal items
- Punching or kicking a wall or door
- Blocking a doorway so you cannot leave
- Standing behind your car so you cannot drive away
- Taking your keys so you cannot drive away
- Detaching or disabling phone to prevent a call
- Locking you in or out of the house, in a closet or other confined space
- Abusing or killing a pet

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Verbal/Emotional Abuse

The misuse of words or voice to control or hurt another person.

- Consistently yelling
- Name calling
- Blackmail
- Threatening to abuse, divorce, report to welfare, kill, commit suicide
- Threatening to hurt kids or to take them away or keep them from your family
- Accusations of infidelity
- Having affairs
- Checking up on you, following or stalking
- Controlling who you see, talk to, what you read
- Making you drop legitimate charges
- Limiting outside involvement
- Questioning paternity
- Insults/put downs of yourself or your friends
- Humiliating
- Laughing at or making fun of
- Criticizing appearance
- Preventing attending school or work
- Manipulating
- Lying
- Minimizing your concerns
- Discounting
- Saying you caused their abusive behavior
- Using jealousy to justify abusive actions
- Withdrawal and silence
- Displaying or brandishing weapons
- Coercing you to do something illegal
- Making you feel guilty about the children, mistakes, housekeeping, etc.
- Making you feel afraid; intimidating with looks, actions, or gestures
- Playing mind games
- Denying that the abuse happened
- Treating you like a servant
- Being the only one to define roles in the relationship

Spiritual Abuse (a form of Emotional Abuse)

The misuse and misapplication of religious values or teachings to control or hurt another person.

- Control-oriented leadership, in effect, lording it over you
- Demanding you to be submissive with unquestioning loyalty and obedience
- Not allowing you to question their decisions
- Using guilt, fear, intimidation and Bible verses out of context to control you
- Claiming that questioning them is akin to questioning God

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Financial Abuse

The misuse of knowledge, position and relationship to take advantage of someone financially.

- Restricting access to family funds
- Detailed tracking of your money use
- Making you ask for money
- Grilling you for information about your activities and money use
- Taking money, checkbook, credit or bank cards
- Wasting family money on drugs or alcohol
- Refusing to keep a job or to let you work
- Asset fraud
- Lying about how much money they have or do not have
- Not letting you know about family income
- Giving you an allowance
- Gambling family funds

Sexual Abuse

A sexual act committed against someone without that person's freely given consent. Luring, tricking, trapping, coercing or bribing anyone with less maturity or power into a sexual experience.

- Sexually stimulating or being stimulated by anyone disempowered by age, size, handicap or situation. This stimulation could be physical, verbal, or visual including discussing or describing, watching, revealing, or fondling
- Derogatory name calling
- Deliberately causing unwanted physical pain during sex
- Deliberately passing on sexual diseases or infections
- Using objects, toys, or other items (e.g. baby oil or lubricants) without your consent and to cause you pain or humiliation
- Pornography use in any form
- Forcing participation in acting out fantasies or scenes from pornography
- Insisting on you watching pornography
- Refusing to use condoms or to allow you to use other forms of birth control
- Forcing an abortion
- Forcing sex, even within marriage
- Forcing sex with others
- Forcing oral or anal sex
- Indecent exposure
- Repeatedly withholding sex within marriage
- Pouting if reasonably declined sex
- Hitting while pregnant
- Rape
- Incest