

## Appendix A

# Abuse Evaluation Form

Directions: Circle the words or phrases that describe what 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

## Abuse Evaluation Form

- Grabbing
- Kicking
- Stabbing or cutting with a knife
- Smacking repeatedly or a single slap leaving a mark
- Throwing objects
- Breaking furniture
- Sweeping objects off a table or dresser
- Breaking a windshield or windows
- Intentionally breaking your personal items
- Punching or kicking a wall or door
- Clenching a fist as if to hit
- Twisting your arms
- Tearing your clothes
- Standing or sitting on you
- 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 you
- Blocking a doorway so you can't leave
- Standing behind your car so you can't drive away
- Taking your keys so you can't drive away
- Disabling your phone to prevent a call
- Locking you in or out of the house, in a closet, or in another confined space
- Abusing or killing a pet

### Verbal/Emotional Abuse

The misuse of words or voice to control or hurt someone.

- Yelling
- Humiliating

- Name-calling
- Laughing at or making fun of
- Manipulating
- Lying
- Discounting
- Blackmailing
- Threatening to abuse, divorce, report to welfare, kill, or commit suicide
- Threatening to hurt the kids, to take them away, or to keep them from your family
- Accusing you of infidelity
- Having affairs
- Checking up on you, following you, or stalking you
- Controlling who you see or talk to or what you read
- Making you drop legitimate charges
- Limiting outside involvement
- Questioning paternity
- Using insults/put-downs of you or your friends
- Criticizing your appearance
- Preventing you from attending school or work
- Minimizing your concerns
- Saying you caused the abusive behavior
- Using jealousy to justify abusive actions
- Acting withdrawn and silent
- Displaying or brandishing weapons
- Coercing you to do something illegal
- Making you feel guilty about the children, mistakes, house-keeping, 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 someone.

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

### **Financial Abuse**

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

- Restricting your access to family funds
- Keeping detailed track of your money use
- Making you ask for money
- Grilling you for information about activities and money use
- Taking away money, checkbook, credit cards, or bank cards
- Wasting family money on drugs or alcohol
- Refusing to keep a job or to let you work
- Participating in asset fraud

- Lying about how much money he has or does not have
- Not letting you know about family income
- Giving you an allowance
- Gambling with 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 without your consent and to cause pain or humiliation
- Using pornography in any form
- Forcing participation in acting out fantasies or scenes from pornography
- Insisting that you watch 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

## Abuse Evaluation Form

- Repeatedly withholding sex within marriage
- Pouting if reasonably declined sex
- Hitting while you are pregnant
- Rape
- Incest