

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

- 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- Acting withdrawn and silent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