

# **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  
Overturning 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

**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. \_\_\_\_\_