Ways Your Partner May Have Hurt You

**Emotional Abuse:** The following lists some of the ways your partner may have tried to hurt your feelings or damage your sense of self worth.

Has your partner ever:

- Called you a name or made fun of you  
  - Y  
  - N
- Ignored you to make you feel bad or unwanted  
  - Y  
  - N
- Told you that you were a bad parent  
  - Y  
  - N
- Refuse to actively parent (your partner’s and/or your children)  
  - Y  
  - N
- Made you ask permission to use your personal property or something else  
  - Y  
  - N
- Accused you of paying too much attention to someone  
  - Y  
  - N
- Made you beg for forgiveness  
  - Y  
  - N
- Demanded to be waited upon  
  - Y  
  - N
- Refused to do any significant share of the housework  
  - Y  
  - N
- Intimidated you through his tone of voice  
  - Y  
  - N
- Gave you angry looks or stares  
  - Y  
  - N
- Put down your family or friends  
  - Y  
  - N
- Put down your physical appearance  
  - Y  
  - N
- Not take any of your strengths or accomplishments seriously  
  - Y  
  - N
- Told you that no one else would want you  
  - Y  
  - N
- Threatened to leave you regularly  
  - Y  
  - N
- Told you of cheating on the relationship  
  - Y  
  - N
- Harassed you for information on past relationships  
  - Y  
  - N
- Put down or yelled at you in front of your children  
  - Y  
  - N
- Put down or yelled at your children in front of you  
  - Y  
  - N
- Threatened to physically take your children away  
  - Y  
  - N
- Threatened to make you lose custody of the children  
  - Y  
  - N

**Confinement and Control Issues:** The following list outlines some of the types of incidents in which your partner may have attempted or succeeded in confining you or controlling to whom you spoke or visited.

Has your partner ever:

- Bodily confined or held you against your will  
  - Y  
  - N
- Prevented you from leaving a room or your home  
  - Y  
  - N
- Stopped you from going to school or work  
  - Y  
  - N
- Prevented you from seeing your family or friends  
  - Y  
  - N
- Forced you to neglect your children  
  - Y  
  - N
<table>
<thead>
<tr>
<th>Behavior</th>
<th>Y</th>
<th>N</th>
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<tbody>
<tr>
<td>Forced you to emotionally abuse your children</td>
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<tr>
<td>Denied you the right to receive health care</td>
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<td>Prevented you from taking any medications</td>
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<tr>
<td>Listened to your phone calls</td>
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<tr>
<td>Disabled your telephone</td>
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<td>Opened your mail/read your e-mail messages</td>
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<td>Followed you or had you followed</td>
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<td>Monitored the mileage on your car</td>
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<tr>
<td>Taken your car keys away</td>
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<tr>
<td>Phoned you repeatedly at work</td>
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<tr>
<td>Got you fired from work/made you quit your job or career</td>
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<td>Controlled your food intake</td>
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<tr>
<td>Put you on a monetary allowance</td>
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<tr>
<td>Made you ask or beg for money</td>
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<td>Made you explain how your money was spent</td>
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<tr>
<td>Denied you the right to access your income/accounts</td>
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<tr>
<td>Got angry if you were late getting home</td>
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<tr>
<td>Made you explain your whereabouts at all times</td>
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<tr>
<td>Insisted on the final say in all decisions</td>
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**Threat of Physical Violence:** The following items have to do with behaviors your partner may have used to threaten or harass you.

Has your partner ever:

<table>
<thead>
<tr>
<th>Behavior</th>
<th>Y</th>
<th>N</th>
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</thead>
<tbody>
<tr>
<td>Threatened to hit you</td>
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<td></td>
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<tr>
<td>Threatened to throw objects at you</td>
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<tr>
<td>Threatened to use a weapon against you</td>
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<tr>
<td>Threatened to kill you</td>
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<tr>
<td>Thrown or smashed objects in your presence</td>
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<tr>
<td>Destroyed your personal property</td>
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<tr>
<td>Hit walls or pounded fist when angry at you</td>
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<td>Driven recklessly when you were in the car</td>
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<td>Threatened to harm or abused family pets to hurt you</td>
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<tr>
<td>Punished your children when angry with you</td>
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<td></td>
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<tr>
<td>Threatened to harm or kill your family and/or friends</td>
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<td></td>
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<tr>
<td>Threatened to harm or kill your children</td>
<td></td>
<td></td>
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<tr>
<td>Threatened to harm or kill himself</td>
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<tr>
<td>Hurt or mutilated him/herself to scare you</td>
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**Physical Violence:** The following list outlines some incidents of physical violence your partner may have done to harm you.

Has your partner ever:

- Slapped you  \( Y \quad N \)
- Pushed or shoved you  \( Y \quad N \)
- Thrown you around (into walls, furniture, onto the floor, etc.)  \( Y \quad N \)
- Hit you with an open hand  \( Y \quad N \)
- Hit you with a fist  \( Y \quad N \)
- Scratched you  \( Y \quad N \)
- Pinched you  \( Y \quad N \)
- Pulled your hair  \( Y \quad N \)
- Grabbed you  \( Y \quad N \)
- Spit on you  \( Y \quad N \)
- Bit you  \( Y \quad N \)
- Kicked you  \( Y \quad N \)
- Burned you  \( Y \quad N \)
- Injured you by holding you or squeezing you too tightly  \( Y \quad N \)
- Tried to strangle you  \( Y \quad N \)
- Hit you with an object  \( Y \quad N \)
- Used a weapon against you (shot, stabbed, etc.)  \( Y \quad N \)
- Tried to run you over with a vehicle  \( Y \quad N \)
- Attempted to poison you  \( Y \quad N \)
- Physically hurt you while you were pregnant  \( Y \quad N \)
- Physically hurt you while he/she was under the influence of alcohol or drugs  \( Y \quad N \)
- Forced you to use drugs or alcohol against your will  \( Y \quad N \)
- Forced you to physically harm your children  \( Y \quad N \)
- Forced you to physically harm a family member  \( Y \quad N \)

**Sexual Abuse:** The following list focuses on sexual abuse. Many victims of domestic violence also experience physical and emotional harm from sexual contact in various ways during an abusive relationship.

Has your partner ever:

- Called you negative sexual names ("frigid", "whore", etc.)  \( Y \quad N \)
- Forced or pressured you to have sex against your will  \( Y \quad N \)
- Forced or pressured you to participate in a sexual activity that made you feel ashamed  \( Y \quad N \)
- Forced or pressured you to participate in a sexual activity that physically harmed you  \( Y \quad N \)
- Forced you to have sex in the presence of others  \( Y \quad N \)
<table>
<thead>
<tr>
<th>Statement</th>
<th>Y</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>Forced you to have sex with other people</td>
<td></td>
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<tr>
<td>Used threatening objects or weapons during sex</td>
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<tr>
<td>Physically attacked the sexual parts of your body</td>
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<tr>
<td>Prevented you from using birth control</td>
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<tr>
<td>Lied about using birth control</td>
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<tr>
<td>Pressured you to get pregnant against your will</td>
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<tr>
<td>Withheld information about being exposed to a sexually transmitted disease or the HIV virus</td>
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– Diana Philip, Denton County Friends of the Family, Denton, TX:
June 1995, revised April 2006