

Am I in an Emotionally Destructive Marriage?

Often Sometimes Seldom Never

1. My spouse calls me names, such as stupid or worthless, or uses sexually degrading terms.
2. My spouse mocks and belittles me.
3. My spouse tells me no one else would ever want me as a partner.
4. My spouse pressures me to do things I do not want to do.
5. My spouse threatens to leave me and take the children.
6. My spouse uses the Bible to criticize me or to get me to do something he wants me to do.
7. My spouse tells me who I may have as friends.
8. My spouse dictates how often I can see/talk with my family of origin.
9. My spouse undermines me with our children.
10. My spouse speaks poorly about me to our children.
11. My spouse speaks poorly about me to others (family, friends, neighbors).
12. I don't feel free to challenge my husband or disagree with him.
13. If I don't agree with my husband or do what he wants, I have a price to pay.
14. My spouse breaks things around the house when he's angry.
15. My spouse screams and curses at me.
16. When I tell my husband my deepest feelings, he laughs at me, ignores me, or uses them against me.
17. My spouse disregards my needs.
18. My spouse tells me I can't live without him.
19. My spouse badgers me until I give in to his demands.
20. My spouse calls or texts me frequently wanting to know where I am, what I'm doing, and who I'm with.
21. My spouse monitors my emails, social media, and internet use.
22. My spouse accuses me of things I did not do.
23. My spouse demands my attention when I'm busy with something or someone else.
24. My spouse does not like it when I get positive attention or affirmation from other people.
25. My spouse tells me I cannot tell anyone what happens between us.
26. My spouse uses sarcasm and ridicule to get me to stop talking or to change my mind about something.
27. My spouse refuses to listen to my point of view.
28. My spouse blows up when I ask questions about why he did something.
29. My spouse physically restrains me to keep me from leaving a volatile situation.

30. My spouse has threatened to harm me.
31. My spouse uses physical force to get me to do something he wants me to do or to stop doing something he doesn't want me to do.
32. My spouse has injured me.
33. My spouse threatens to harm things that are important to me.
34. My spouse uses physical force to coerce me sexually.
35. My spouse withdraws from me if I don't do what he wants.
36. My spouse refuses to respond when I ask him questions.
37. My spouse changes the subject when I try to bring up something that's bothering me.
38. My spouse ignores me for long periods of time.
39. My spouse refuses to engage or participate in every day family life.
40. My spouse plays mind games with me.
41. My spouse tells me that he's the one who is being mistreated by me.
42. My spouse says the problems in our marriage are all my fault.
43. My spouse acts one way in public and another way at home.
44. There is a double standard around what's acceptable behavior. He gives himself more leeway than he gives me.
45. My spouse refuses to tell me how much money he earns.
46. I have no voice regarding how our finances are saved or spent.
47. I have no idea what my husband does with our money even though I've asked.
48. My spouse tells me things that I know are not true.

49. My spouse omits information that keeps me from knowing the whole story about something.
50. My spouse lies to other people.
51. I feel crazy in my marriage.
52. I feel trapped in my marriage.
53. I don't feel I can be myself in my marriage.
54. I feel like a child in my marriage.
55. I feel like his mother in my marriage.
56. I feel tense around my spouse.
57. I feel angry around my spouse.
58. I feel afraid of my spouse.
59. My children are afraid of my spouse.
60. I feel physically ill around my spouse.
61. I am using medications, excess food, and/or alcohol to cope with my marriage.

Questions 1-50

"Often" more than 2 times means your marriage may become or is becoming destructive.

"Often" more than 5 times means your marriage is definitely destructive.

"Sometimes" and/or "Seldom" for many of the questions means your marriage is or is becoming destructive.

Questions 51-61

"Often" and "Sometimes" on these indicate your marriage is taking a toll on you and it's important that you not ignore what's happening to you.