



Abuse Evaluation Form

Directions: Circle the words or phrases that you have experienced in your relationship even if it happened only once.

Please Note: Due to the high statistical proportion of male inflicted domestic violence, the pronoun “her” will be used throughout this assessment. However, both male and female victims.

Have been substantiated in research findings.

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
- Twisting arms
- Tearing clothes
- Clenching fist as if to hit
- Stab or cut with knife
- Standing or sitting on
- Smacking repeatedly or a single slap leaving a mark
- Banging her head or pinning her against a wall or the floor
- Holding or carrying against your will
- Trying to hit with a car or pushing out of a car
- Driving recklessly in order to scare
- Throwing objects
- Breaking furniture
- Sweeping objects off a table or dresser
- Breaking windshield or windows
- Intentionally breaking your personal items
- Punching or kicking a wall or door
- Blocking a doorway so you can't leave



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- Standing behind car so you can't drive away
- Taking keys so you can't drive away!
- Detaching or disabling phone to prevent a call!
- Locking in or out of the house, in a closet or other confined space!
- Abusing or killing a pet

Verbal/Emotional Abuse!

The misuse of words or voice to control or hurt another person.

- Consistently yelling
- Name calling
- Blackmail
- Threatening to abuse, divorce, report to welfare, kill, commit suicide
- Threatening to hurt kids or to take them away or keep them from her family
- Accusations of infidelity
- Having affairs
- Checking up on her, Following or Stalking
- Controlling who you see, talk to, what you read
- Making her drop legitimate charges
- Limiting outside involvement
- Questioning paternity
- Insults/put downs of herself or her friends
- Humiliating
- Laughing at or making fun of
- Criticizing appearance
- Preventing attending school or work
- Manipulating
- Lying
- Minimizing her concerns
- Discounting
- Saying you caused his abusive behavior
- Using jealousy to justify abusive actions
- Withdrawal and Silence
- Displaying or brandishing weapons
- Coercing her to do something illegal
- Making her feel guilty about the children, mistakes, housekeeping, etc.
- Making her feel afraid; Intimidating with looks, actions, or gestures
- Playing mind games
- Denying that the abuse happened
- Treating her like a servant



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- 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 another person.

- Control-oriented leadership, in effect, lording it over her!
- Demanding her to be submissive with unquestioning loyalty and obedience!
- Not allowing her to question him or his decisions!
- Using guilt, fear, intimidation and Bible verses out of context to control her!
- 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 access to family funds!
 - Detailed tracking of her money use!
 - Making her ask for money!
 - Grilling for information about activities and money use!
 - Taking money, checkbook, credit or bank cards!
 - Wasting family money on drugs or alcohol!
 - Refusing to keep a job or to let her work!
 - Asset fraud!
 - Lying about how much money they have or do not have!
 - Not letting her know about family income!
 - Giving her an allowance!
- Gambling 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



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- Using objects, toys, or other items (e.g. baby oil or lubricants) without your consent and to cause pain or humiliation
- Pornography use in any form
- Forcing participation in acting out fantasies or scenes from pornography!
- Insisting on her watching pornography
- Refusing to use condoms or to allow her 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
- Repeatedly withholding sex within marriage
- Pouting if reasonably declined sex
- Hitting while pregnant
- Rape
- Incest