

"Am I Being Abused?" Checklist

☐I'm afraid of him most of the time.
☐I feel like I am being controlled. I feel like he is trying to control me.
☐I feel unsafe and scared, like I'm in danger. I live in fear.
\square I'm afraid of my partner much of the time, whether or not I'm actually in his presence.
☐ He/she blows up over the smallest things.
\square I act differently around him to avoid blow-ups. I obey his orders to avoid blow-ups.
☐I'm afraid to be my true self around him.
\square His behavior is unpredictable. One minute everything seems fine, and the next minute he is
angry and abusive.
\Box I avoid certain topics and avoid doing certain things out of fear he will get angry.
\square He has a bad temper and yells at me a lot.
\square He has done one or more of these to me: hit, punch, choke, pinch, kick, shove, bite, shake,
push, pull, beat, scratch, spit on, pull my hair.
☐ He has stabbed me or threatens to stab me.
\square He has threatened me with guns, knives, and/or other weapons or has used them on me.
\square He has tried to drown me and/or threatens to drown me.
\square He has tried to suffocate me and/or threatens to suffocate me.
\square He has burned my body and/or threatens to burn my body.
\square He has hit me with an object or threatens to hit me with an object.
\square His abusive actions have caused bruising and/or injuries (i.e., broken bones) to my body.
☐I feel like no matter what I do, I can never make him happy.
\square He acts like everything is fine in public, but as soon as we're home the abuse starts.
☐ He ridicules, criticizes, insults, embarrasses, and/or belittles me when we're alone.
☐ He ridicules, criticizes, insults, embarrasses, and/or belittles me in front of other people,
especially my family and friends.
☐He calls me bad names.
\square He says things to me like, "You're so ugly and stupid, no one is going to love you but me."
\square He puts down my opinions, accomplishments, and/or goals.
□ I'm not allowed to have oninions, accomplishments, and/or goals

\square He treats me like property and expects me to obey his commands and demands. If I don't, he
will abuse me.
\square I'm not allowed to go out with other people, i.e., family, friends.
\Box I have become isolated from other people to avoid him getting angry and abusive.
\square He wants me to be with him all of the time.
\square When I go out, he insists on knowing where I am all of the time, who I'm with, what I'm doing,
and when I'll be home.
☐When I go out, he follows/stalks me.
\square He tracks my whereabouts (i.e., on his phone, tracking mechanism on car) when we're apart.
\square He is chronically possessive and jealous.
\square He constantly texts and/or calls me when we're apart.
☐He ghosts me on social media.
\square He demands to have my computer and social media passwords.
\square He reads my email without permission.
\square He checks my phone to see who's called, left voicemail, etc.
\square He emails me negative/insulting/threatening emails, Facebook messages, tweets, DMs
and/or other messages online.
$\Box \mbox{He}$ uses social media sites to keep tabs on me, i.e., where I'm going, who I'm with, when am I
coming home.
☐ He tries to control my social media posts or controls my social media posts.
\square He pressures me to send him sexual or private pictures or videos.
☐ He sends me unwanted sexual or private pictures or videos.
\square He posts hurtful and/or embarrassing things about me.
☐ He frequently accuses me of cheating and I'm not.
\square He disappears for long periods of time and cuts off contact between us. I have no idea where
he is.
\square He limits my access to food, clothes, phone, car, and/or medications.
☐He makes me account for every penny I spend.
\square He takes and/or steals my money and/or credit cards.
☐He destroys my possessions.
☐ He won't let me make decisions for myself.
☐ He ignores me over periods of time.
☐He threatens to hurt me.
☐He uses intimidation and threats to make me comply.

☐ He forces me to have sex.
☐ He forces me to do things that I'm uncomfortable with.
☐ He forces me to do sexual things that I'm uncomfortable with.
☐I keep thinking that if we have sex more frequently and/or whenever or wherever he wants,
he'll quit abusing me.
\square He uses drugs and/or alcohol as an excuse as to why he said hurtful things or abused me.
☐He forces me to use drugs and/or alcohol.
☐He drives recklessly when I am in the car.
\square When we're together, I always look for "safe places" to go to in case he becomes abusive.
\square If he finds out I've told someone about the abuse, it will surely precipitate more drastic abuse.
☐He lies to me.
☐He lies to others about me.
\square I make excuses and lie to others to hide his abuse.
\square I lie and make up stories about my bruises, injuries, and "accidents."
☐I dress in clothes that hide my bruises and injuries.
\square He tries to stop me from seeing my friends and/or family.
\square I make excuses to friends, family members, etc. on why I can't be with them.
\Box I cancel social dates with friends, family members, etc., at the last minute because he won't
let me go.
☐I have to ask permission to do anything, go anywhere, or see anyone.
☐ I've lost my friends because of his abusive ways.
\square My friends and family members have quit talking to me because they're sick of me making
excuses and taking up for him.
\square He tries to stop me from having a job and/or won't let me have a job.
\square He tries to stop me from going to work and/or stops me from going to work.
☐ He tries to stop me from going to school for job training/furthering my education and or stops
me from going to school for job training/furthering my education.
☐ He won't let me have/plan a career.
☐ He shows up at my place of work to check on my whereabouts, harass me, and/or stir trouble.
☐ He constantly calls me at work.
☐I often miss work because he restricts me from going.
☐I often miss work due to bruises from beatings or I'm too much of an emotional wreck to go.
\square My job is in jeopardy from so many absences caused by his abuse.
☐ I'm afraid of what he will do if I leave.

\square He threatens to hurt my children and/or have them taken away from me if I leave.
\square He threatens to file (false) charges against me if I leave.
\square He threatens to hurt and/or kill me if I leave.
\square He threatens to hurt and/or kill my family members, friends, pets, and others if I leave.
☐He threatens to commit suicide if I leave.
□I pretend that the abuse is minor.
\square Even though I'm miserable, I keep hoping things will go back to the way they once were.
\square I think that "if I love him/her enough," the abuse will stop.
\square I think I'm probably exaggerating the things he does to me. I wonder if I'm the crazy one.
\square After an altercation, he denies he did anything wrong. It's always my fault, according to him.
\square I tell myself "Oh, it was just one time." After all, he says things like 'I'm sorry," "Babe, you
know I love you," "It won't happen again" after the abuse. He goes overboard with apologies and acts of kindness after the abuse.
☐He says I cause the abuse.
\Box I believe that if I just do things the "right" way, the abuse will stop. (He is always changing the definition of what the "right" way is.)
\Box I try to avoid doing the things that make him abusive, but the list of triggers keeps growing
and/or changing.
□ Everybody thinks he is such a great person that they won't believe me if I tell them about the
abuse.
☐ There are periods of time when the abuse completely stops, and then it starts again.
\square I think that most of the time it's my fault that I am being abused.
\square I feel worthless, anxious, emotionally numb, and/or depressed.
\square I feel helpless, like there is no way out of this relationship.
\square I've contemplated killing myself to get away from him and/or I am planning to kill myself.

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