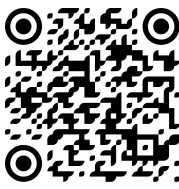


Scan the QR code if you would like to get this checklist on your phone



"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.
- ☐ 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.
- ☐ 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.
- ☐ His behavior is unpredictable. One minute everything seems fine, and the next minute he is angry and abusive.
- ☐ I avoid certain topics and avoid doing certain things out of fear he will get angry.
- ☐ He has a bad temper and yells at me a lot.
- ☐ 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.
- ☐ He has threatened me with guns, knives, and/or other weapons or has used them on me.
- ☐ He has tried to drown me and/or threatens to drown me.
- ☐ He has tried to suffocate me and/or threatens to suffocate me.
- ☐ He has burned my body and/or threatens to burn my body.
- ☐ He has hit me with an object or threatens to hit me with an object.
- ☐ 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.
- ☐ 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.
- ☐ He says things to me like, "You're so ugly and stupid, no one is going to love you but me."
- ☐ He puts down my opinions, accomplishments, and/or goals.
- ☐ I'm not allowed to have opinions, accomplishments, and/or goals.

- ☐ He treats me like property and expects me to obey his commands and demands. If I don't, he will abuse me.
- ☐ I'm not allowed to go out with other people, i.e., family, friends.
- ☐ I have become isolated from other people to avoid him getting angry and abusive.
- ☐ He wants me to be with him all of the time.
- ☐ 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.
- ☐ He tracks my whereabouts (i.e., on his phone, tracking mechanism on car) when we're apart.
- ☐ He is chronically possessive and jealous.
- ☐ He constantly texts and/or calls me when we're apart.
- ☐ He ghosts me on social media.
- ☐ He demands to have my computer and social media passwords.
- ☐ He reads my email without permission.
- ☐ He checks my phone to see who's called, left voicemail, etc.
- ☐ He emails me negative/insulting/threatening emails, Facebook messages, tweets, DMs and/or other messages online.
- ☐ 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.
- ☐ He pressures me to send him sexual or private pictures or videos.
- ☐ He sends me unwanted sexual or private pictures or videos.
- ☐ He posts hurtful and/or embarrassing things about me.
- ☐ He frequently accuses me of cheating and I'm not.
- ☐ He disappears for long periods of time and cuts off contact between us. I have no idea where he is.
- ☐ He limits my access to food, clothes, phone, car, and/or medications.
- ☐ He makes me account for every penny I spend.
- ☐ 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.
- ☐ 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.
- ☐ When we're together, I always look for "safe places" to go to in case he becomes abusive.
- ☐ 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.
- ☐ I make excuses and lie to others to hide his abuse.
- ☐ I lie and make up stories about my bruises, injuries, and "accidents."
- ☐ I dress in clothes that hide my bruises and injuries.
- ☐ He tries to stop me from seeing my friends and/or family.
- ☐ I make excuses to friends, family members, etc. on why I can't be with them.
- ☐ 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.
- ☐ My friends and family members have quit talking to me because they're sick of me making excuses and taking up for him.
- ☐ He tries to stop me from having a job and/or won't let me have a job.
- ☐ 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.
- ☐ My job is in jeopardy from so many absences caused by his abuse.
- ☐ I'm afraid of what he will do if I leave.

- ☐ He threatens to hurt my children and/or have them taken away from me if I leave.
- ☐ He threatens to file (false) charges against me if I leave.
- ☐ He threatens to hurt and/or kill me if I leave.
- ☐ 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.
- ☐ Even though I'm miserable, I keep hoping things will go back to the way they once were.
- ☐ I think that "if I love him/her enough," the abuse will stop.
- ☐ I think I'm probably exaggerating the things he does to me. I wonder if I'm the crazy one.
- ☐ After an altercation, he denies he did anything wrong. It's always my fault, according to him.
- ☐ 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.
- ☐ 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.)
- ☐ 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.
- ☐ I think that most of the time it's my fault that I am being abused.
- ☐ I feel worthless, anxious, emotionally numb, and/or depressed.
- ☐ I feel helpless, like there is no way out of this relationship.
- ☐ I've contemplated killing myself to get away from him and/or I am planning to kill myself.