

Family Shelter Service

605 EAST ROOSEVELT ROAD • WHEATON, ILLINOIS 60187 • HOTLINE: (630) 469-5650

ABUSIVE BEHAVIOR CHECKLIST

EMOTIONAL ABUSE

- frequently blamed or criticized you
- called you names
- ridiculed your beliefs, religion, race, class or sexual orientation
- blamed you for "causing" the abuse
- ridiculed / made bad remarks about your gender
- criticized or threatened to hurt your family or friends
- kept you away from family and friends
- abused animals
- tried to keep you from doing something you wanted to do
- was angry if you paid too much attention to someone or something else (children, friends, job, etc.)
- withheld approval, appreciation or affection
- threatened to have you deported
- humiliated you
- became angry if meals or housework were not done to their liking
- made contradictory demands / changed the rules
- did not include you in important decisions
- lied about your immigration status
- did not allow you to sleep
- harassed you or threatened to tell others about things you have done in the past
- took away car keys, money or credit cards
- threatened to leave or told you to leave
- checked up on you (listened to your phone calls, looked at phone bills, checked car mileage, etc.)
- degraded you, made you feel insignificant, powerless and/or worthless
- threatened to commit suicide
- interfered with your work or school (provoked a fight in the morning, harass you at work, etc.)
- minimized or denied being abusive
- embarrassed or humiliated you in front of other people
- abused your children
- broke dates and cancels plans without reason
- used drugs or alcohol to excuse their behavior
- used phrases like "I'll show you who's boss", "I'll put you in line"
- used a loud or intimidating tone of voice
- criticized your body, weight, clothes, or other aspects of your appearance

FINANCIAL ABUSE

- made all the decisions about money
 - took care of all financial matters without your input
 - criticized the way or amounts of money you spent
 - did not allow you to send money to your family placed you on a budget that was unrealistic
 - denied you access to bank accounts and credit cards
 - refused to put your name on joint assets
 - controlled your paycheck
 - refused you access to money
 - refused to let you work
 - forced you to sign papers that were written in a language you did not understand
 - refused to get a job
 - refused to let you learn English as a second language
 - refused to pay bills
 - caused you to lose your job
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SEXUAL ABUSE

- pressured you to have sex
 - pressured you to perform sexual acts that made you uncomfortable or hurt you
 - directed physical injury toward sexual areas of your body
 - put you at risk for unwanted pregnancy or sexually transmitted diseases
 - withheld sex or affection
 - used sexual terms as insults
 - told anti-woman jokes or demeaned women verbally / attacked your masculinity
 - accused you of having or wanting sex with others
 - forced you to have sex with others
 - threatened to disclose your relationship when you did not want it known
 - forced you to view pornography
 - pressured you to dress in a certain way
 - disregarded your sexual needs and feelings about sex
 - (for heterosexual relationships) accused you of being gay if you refused sex
 - spread rumors about your sexual behaviors
 - made you or refused to let you use birth control
 - made unwanted public sexual advances
 - made remarks about your sexual abilities
 - sexually assaulted or raped you
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USING CHILDREN

- ___ made you feel guilty about your children
 - ___ used children to relay negative messages
 - ___ used children to report on your activities
 - ___ used visitation to harass you
 - ___ threatened to take custody of your children
 - ___ threatened to kidnap your children
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PHYSICAL ABUSE

- ___ pushed, grabbed or shoved you
 - ___ slapped you
 - ___ punched you
 - ___ kicked you
 - ___ choked you
 - ___ pinched you
 - ___ pulled your hair
 - ___ burned you
 - ___ bit you
 - ___ tied you up
 - ___ forced you to share needles with others
 - ___ threatened you with a knife, gun or other weapon
 - ___ used a knife, gun or other weapon
 - ___ prevented you from leaving an area / physically restrained you
 - ___ thrown objects
 - ___ destroyed property, possessions or important documents
 - ___ drove recklessly to frighten you
 - ___ disregarded your needs when you were ill, injured or pregnant
 - ___ abused you while you were pregnant
 - ___ forced you to abort or carry a pregnancy
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You have the right to... emotional support in your relationship ♦ be heard by your partner and to be responded to with courtesy ♦ have your feelings and experiences acknowledged as real and valid ♦ clear and informative answers to questions that concern you ♦ live free from criticism and judgment ♦ live free from accusation and blame ♦ encouragement ♦ live free from emotional and physical threat ♦ be respectfully asked, rather than "ordered" ♦ goodwill from your partner ♦ live free from angry outbursts and rage