

## Abusive Behavior Checklist

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### **Emotional Abuse**

- Frequently blamed or criticized you
- Called you names
- Ridiculed your beliefs, religion, race, class
- 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 even those at church
- Abused animals
- Tried to keep you from doing something you wanted to do
- Got angry if you paid too much attention to someone or something else (children, friends, school, etc.)
- Withheld approval, appreciation or affection
- Threatened to have you deported
- Humiliated you
- Became angry if meal or housework was 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 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 the mileage on the car, etc.)
- Degraded you, made you feel insignificant, powerless and / or worthless
- Threatened to commit suicide
- Interfered with you going to work or school or church (provoked a fight in the morning, harassed you at work, etc.)
- Minimized or denied being abusive
- Embarrassed or humiliated you in front of other people
- Abused your children
- Broke dates and cancelled plans without reason
- Used drugs or alcohol to excuse their behavior
- Used phrases like "I'll show you who is 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 or your job
- Took care of all financial matters without your input
- Criticized the way or amount of money you spent
- Did not allow you to send money to your family or 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 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

### **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 infections
- Withheld sex or affection
- Used sexual terms as insults
- Told anti-woman jokes or demeaned women verbally
- Accused you of having 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/Is a user of pornography
- Pressured you to dress a certain way
- Disregarded your sexual needs and feelings about sex
- 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

### **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

### **Physical Abuse**

\_\_\_ Slapped you

\_\_\_ Pushed, grabbed or shoved you

\_\_\_ Kicked you

\_\_\_ Choked you

\_\_\_ Pinched you

\_\_\_ Pulled your hair

\_\_\_ Burned you

\_\_\_ Bit you

\_\_\_ Tied you up

\_\_\_ Threatened you with a gun or a knife

\_\_\_ Used a knife, gun or other weapon

\_\_\_ Prevented you from leaving an area / physically restrained you

\_\_\_ Made you lie about bruises, cuts, etc

\_\_\_ Threw 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 a pregnancy

### **Spiritual Abuse**

\_\_\_ Has hid your Bible

\_\_\_ Has prohibited, threatened, intimidated you from attending church or church functions

\_\_\_ Has prohibited you from joining Bible studies or attending retreats/conferences

\_\_\_ Has attempted to make you "feel" remorseful or bad about attending church (that they are not "enough" for you).

\_\_\_ Isolates you or will not leave you alone to fellowship with others

\_\_\_ Has prevented you from attending church or functions at church

\_\_\_ Misinterprets/Twists Scripture for his/her manipulation