

# EMOTIONAL ABUSE EVALUATION

*Mark how often each of the following emotionally abusive behaviors occurs in your relationship.*

<b>ABUSIVE BEHAVIOR</b>	<b>NEVER</b> (not in last five years)	<b>RARELY</b> (less than once a year)	<b>OCCASIONALLY</b> (less than once a month)	<b>FREQUENTLY</b> (weekly or daily)
Name Calling				
Put-Down Jokes				
Cutting Comments				
Faultfinding/ Blaming				
Chastising				
Accusing				
Threatening				
Guilt-Trips				
Withholding Affection				
Setting inappropriate rules				
Shouting				
Stomping				
Breaking Things				
Forbidding				
Possessive/ Jealous				

***Answer the following questions honestly.***

1. Do you feel afraid of your spouse? Yes  No
2. Do you avoid certain topics out of fear of angering your spouse? Yes  No
3. Are you afraid to disagree with your spouse? Yes  No
4. Do you feel like everything is always your fault? Yes  No
5. Do you feel like you're always "walking on eggshells?" Yes  No
6. When you share your thoughts and feelings, does your spouse ignore you, make fun of you, or respond negatively? Yes  No
7. Have you given up friends and hobbies that were important to you because your spouse pressured you to? Yes  No
8. Do you feel more like a child than an adult in the relationship? Yes  No
9. Do you feel like your spouse makes most decisions for you? Yes  No
10. Are you afraid your marriage will end in divorce if you don't do everything your spouse's way? Yes  No
11. Do you feel like your spouse is impossible to please? Yes  No
12. Do you feel responsible for your spouse's mood and problems? Yes  No
13. Do you feel "less than" or inferior to your spouse? Yes  No
14. Do you feel like your spouse mistrusts you without cause? Yes  No
15. Do you feel isolated and alone? Yes  No