**Controlling Relationship Assessment**

Instructions: Please circle the word below that best answers each question. Skip questions that are not applicable.

**Assessing Isolation**

In general, does your partner try to keep you away from other people?

No  
Yes

Does your partner *make demands* regarding your:

- Leaving the house?  
  NEVER  
  SOMETIMES  
  OFTEN/ALWAYS

- Telephone conversations?  
  NEVER  
  SOMETIMES  
  OFTEN/ALWAYS

- E-mail?  
  NEVER  
  SOMETIMES  
  OFTEN/ALWAYS

- Social media?  
  NEVER  
  SOMETIMES  
  OFTEN/ALWAYS

- Letters or other mail?  
  NEVER  
  SOMETIMES  
  OFTEN/ALWAYS

- Spending time with other people?  
  NEVER  
  SOMETIMES  
  OFTEN/ALWAYS

- Friendships?  
  NEVER  
  SOMETIMES  
  OFTEN/ALWAYS

- Relationships with your parents, brother or sister, or other family?  
  NEVER  
  SOMETIMES  
  OFTEN/ALWAYS

- Doing hobbies or activities with others?  
  NEVER  
  SOMETIMES  
  OFTEN/ALWAYS

- Joining organizations?  
  NEVER  
  SOMETIMES  
  OFTEN/ALWAYS

List other ways your partner *tries to keep you from contact with other people*:

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- 
- 

**Personal Activities**

In general, does your partner try to control your personal activities?

No    Yes

Does your partner make demands regarding your:

- Sleeping
- Wearing certain clothes?
- Using television, radio, or the Internet?
- Pursuing hobbies or other interests?
- Reading certain things?
- Taking care of the house?
- Taking care of your appearance (makeup, grooming)?

List other ways your partner tries to control your personal activities:

- 
- 
- 

**Resources: Education, Work, and Money**

In general, does your partner try to control your education, work, or money?

No    Yes

Does your partner make demands regarding your:

- Work activities?
- Career or job path?
- Spending money?
- Credit or credit history?
- Going to school/learning new skills?
- Accessing transportation (car, truck, or money for public transportation)?
List other ways your partner tries to control your education, work, or money:

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Health and Body

In general, does your partner try to control aspects of your health or body?
No        Yes

Does your partner make demands regarding your:

• Eating or weight? NEVER  SOMETIMES  OFTEN/ALWAYS
• Sleeping? NEVER  SOMETIMES  OFTEN/ALWAYS
• Bathing or using the bathroom? NEVER  SOMETIMES  OFTEN/ALWAYS

Does your partner block you from:

• Taking prescription drugs that you need? NEVER  SOMETIMES  OFTEN/ALWAYS
• Going for medical care? NEVER  SOMETIMES  OFTEN/ALWAYS
• Doing exercise? NEVER  SOMETIMES  OFTEN/ALWAYS

Does your partner push you to:

• Use street drugs? NEVER  SOMETIMES  OFTEN/ALWAYS
• Use prescription drugs for nonmedical reasons? NEVER  SOMETIMES  OFTEN/ALWAYS
• Drink alcohol or drink more alcohol than you want? NEVER  SOMETIMES  OFTEN/ALWAYS
• Get tattoos or piercings? NEVER  SOMETIMES  OFTEN/ALWAYS
• Get breast implants, liposuction, a facelift, or other cosmetic surgery? NEVER  SOMETIMES  OFTEN/ALWAYS
• Stop seeing a psychotherapist or counselor? NEVER  SOMETIMES  OFTEN/ALWAYS
List other ways your partner makes demands regarding your body or health:

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*Intimacy*

In general, does your partner try to control your intimate relationship?

No    Yes

Does your partner make demands regarding:

• Having sex?                  NEVER   SOMETIMES   OFTEN/ALWAYS
• Avoiding the use of condoms or other birth control? NEVER   SOMETIMES   OFTEN/ALWAYS
• Doing certain sexual behaviors? NEVER   SOMETIMES   OFTEN/ALWAYS
• Taking sexual pictures or videos? NEVER   SOMETIMES   OFTEN/ALWAYS

Does your partner block your efforts to:

• Separate or leave the relationship? NEVER   SOMETIMES   OFTEN/ALWAYS
• Speak about things that matter to you? NEVER   SOMETIMES   OFTEN/ALWAYS

List other ways your partner tries to control your intimate relationship:

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*Authorities*

In general, does your partner try to control your relationship with authorities?

No    Yes

Does your partner make demands regarding:

• Talking to the police or a lawyer? NEVER   SOMETIMES   OFTEN/ALWAYS
• Talking to a landlord or housing authority? NEVER   SOMETIMES   OFTEN/ALWAYS
Does your partner fail to help you improve your citizenship status? (Leave blank if not applicable.)

No    Yes

Does your partner push you to do things that are against the law (commit crimes)?

No    Yes

List other ways your partner interferes with your relationship with authorities:

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Children

(skip this section if there are no children involved in your relationship)

In general, does your partner try to control your relationship with your children?

No    Yes

Does your partner interfere with your:

• Taking care of the children? NEVER  SOMETIMES  OFTEN/ALWAYS

• Setting rules for or disciplining the children? NEVER  SOMETIMES  OFTEN/ALWAYS

• Making everyday decisions about the children? NEVER  SOMETIMES  OFTEN/ALWAYS

• Making important decisions about the children? NEVER  SOMETIMES  OFTEN/ALWAYS

• Talking to child protection authorities? NEVER  SOMETIMES  OFTEN/ALWAYS

Does your partner:

• Turn your children against you? NEVER  SOMETIMES  OFTEN/ALWAYS

• Threaten to or call social services to say you are neglecting or abusing the children when you are not? NEVER  SOMETIMES  OFTEN/ALWAYS
• Threaten to get custody of the children if you try to leave the relationship?
  NEVER  SOMETIMES  OFTEN/ALWAYS

• Mistreat the children and blame it on your parenting problems?
  NEVER  SOMETIMES  OFTEN/ALWAYS

List other ways your partner interferes with your relationship with your children:

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Monitoring

In general, does your partner try to find out what you have done and where you have been?  No  Yes

Does your partner:

• Check, read, or destroy your mail?  NEVER  SOMETIMES  OFTEN/ALWAYS
• Check, read, or block your e-mail?  NEVER  SOMETIMES  OFTEN/ALWAYS
• Keep track of your telephone or cell phone use?  NEVER  SOMETIMES  OFTEN/ALWAYS
• Keep track of your computer use?  NEVER  SOMETIMES  OFTEN/ALWAYS
• Call you on the phone to check on you?  NEVER  SOMETIMES  OFTEN/ALWAYS
• Tell you to carry a cell phone so he (or she) can check on you?  NEVER  SOMETIMES  OFTEN/ALWAYS
• Monitor your online activities?  NEVER  SOMETIMES  OFTEN/ALWAYS
• Check your clothing, purse, or home for signs that you have “done something wrong”?  NEVER  SOMETIMES  OFTEN/ALWAYS
• Check up on you through your receipts, checkbook, or bank statements?  NEVER  SOMETIMES  OFTEN/ALWAYS
• Check the car (odometer, where parked, looking for things)? (Leave blank if not applicable.)  NEVER  SOMETIMES  OFTEN/ALWAYS
• Ask you detailed questions about your activities? NEVER SOMETIMES OFTEN/ALWAYS
• Use an audio or video recorder with you against your will? NEVER SOMETIMES OFTEN/ALWAYS
• Spy on you, follow you, or stalk you? NEVER SOMETIMES OFTEN/ALWAYS
• Ask other people about where you have been or what you have done? NEVER SOMETIMES OFTEN/ALWAYS
• Get other people to keep track of you? NEVER SOMETIMES OFTEN/ALWAYS

List other ways your partner stalks or monitors you:

• ____________________________________________
• ____________________________________________
• ____________________________________________

**Making You Feel Afraid**

In general, does your partner make you feel afraid to get you to do what he wants? No Yes

Does your partner make you feel afraid by doing any of the following:

• Swearing, name-calling, and insulting? NEVER SOMETIMES OFTEN/ALWAYS
• Getting in your face/standing too close? NEVER SOMETIMES OFTEN/ALWAYS
• Throwing, kicking, or punching things? NEVER SOMETIMES OFTEN/ALWAYS
• Slamming doors or stomping around? NEVER SOMETIMES OFTEN/ALWAYS
• Grabbing or pushing you? NEVER SOMETIMES OFTEN/ALWAYS
• Making you feel trapped in a room or pinned against a wall? NEVER SOMETIMES OFTEN/ALWAYS
• Following you around? NEVER SOMETIMES OFTEN/ALWAYS
• Refusing to speak with you for long periods of time? NEVER SOMETIMES OFTEN/ALWAYS
• Leaving without telling you where he is going or for how long, to alarm you?

• Driving fast or recklessly while you or your children are in the car?

List other ways your partner makes you feel afraid as a way to control you:

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**Threatening Harm**

In this section, please respond in terms of your partner’s threats. In the next section you can record things he has actually done.

In general, does your partner threaten you to get you to do what he wants?

No   Yes

To get you to do what he (or she) wants, has your partner threatened to:

• Reveal private information about you to others?

• Make you look bad in front of others?

• Share intimate personal photos of you or information about you electronically?

• Keep you from going where you want?

• Leave the relationship or get a divorce?

• Hurt you financially?

• Cause you legal trouble?

• Cause you to get in trouble at work or lose your job?

• Cause you to lose housing?

• Hurt you physically?
• Have sex with someone else? **NEVER** SOMETIMES OFTEN/ALWAYS
• Force you to engage in unwanted sex acts? **NEVER** SOMETIMES OFTEN/ALWAYS
• Damage or destroy something that belongs to you? **NEVER** SOMETIMES OFTEN/ALWAYS
• Hurt or kill your pet or other animal? **NEVER** SOMETIMES OFTEN/ALWAYS
• Take your children from you or harm your children? **NEVER** SOMETIMES OFTEN/ALWAYS
• Kill himself? **NEVER** SOMETIMES OFTEN/ALWAYS
• Kill you? **NEVER** SOMETIMES OFTEN/ALWAYS

List other ways your partner has threatened you to get you to do what he wants:

- __________________________
- __________________________
- __________________________

**Punishing or Harming You**

In general, does your partner punish you or harm you? No Yes

Has your partner done any of the following things as a punishment?

- Said something mean, embarrassing, or degrading to you? **NEVER** SOMETIMES OFTEN/ALWAYS
- Revealed private information about you to others? **NEVER** SOMETIMES OFTEN/ALWAYS
- Kept you from going where you want? **NEVER** SOMETIMES OFTEN/ALWAYS
- Had sex with someone else? **NEVER** SOMETIMES OFTEN/ALWAYS
- Left the relationship or stormed out without explanation? **NEVER** SOMETIMES OFTEN/ALWAYS
- Kept you out of your home? **NEVER** SOMETIMES OFTEN/ALWAYS
- Hurt you financially? **NEVER** SOMETIMES OFTEN/ALWAYS
- Caused you legal trouble? **NEVER** SOMETIMES OFTEN/ALWAYS
• Caused you to get in trouble at work or lose your job? NEVER SOMETIMES OFTEN/ALWAYS
• Caused you to lose housing? NEVER SOMETIMES OFTEN/ALWAYS
• Damaged or destroyed something that belongs to you (on purpose)? NEVER SOMETIMES OFTEN/ALWAYS
• Destroyed property of a friend or family member? NEVER SOMETIMES OFTEN/ALWAYS
• Hurt or killed your pet or other animal? NEVER SOMETIMES OFTEN/ALWAYS
• Kept you from your children or tried to take your children from you? NEVER SOMETIMES OFTEN/ALWAYS
• Made you look bad in front of others? NEVER SOMETIMES OFTEN/ALWAYS
• Attempted suicide or made suicidal gestures? NEVER SOMETIMES OFTEN/ALWAYS
• Physically hurt your friend or family member? NEVER SOMETIMES OFTEN/ALWAYS
• Hurt you physically without leaving a mark? NEVER SOMETIMES OFTEN/ALWAYS
• Injured you physically (leaving a bruise, broken bone, or a sore area that lasted more than an hour, or made you bleed)? NEVER SOMETIMES OFTEN/ALWAYS
• Choked, smothered, or tried to strangle you? NEVER SOMETIMES OFTEN/ALWAYS
• Hurt you during sex or forced you to engage in unwanted sex acts? NEVER SOMETIMES OFTEN/ALWAYS
• Caused you to fear for your life? NEVER SOMETIMES OFTEN/ALWAYS
• Tried to kill you? NEVER SOMETIMES OFTEN/ALWAYS

List other ways your partner has punished or harmed you:

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