

VIOLENT AND CONTROLLING BEHAVIORS LIST

Instructions: Use this checklist to inventory your behaviors. The more honest you are with yourself the more beneficial this exercise will be. Think back throughout your relationships. Which of these behaviors have you used? Circle all that apply and note the pattern that you created. What do you think the impact of this pattern of abuse has been on your partner or past partners? If you would like to enroll in a MSV class or talk with a facilitator more about your behavior, please call 404-270-9894 x24.

Psychological and Economic Abuse

- Yelling, swearing, being lewd, raising your voice, using angry expressions or gestures.
- Criticism (name-calling, swearing, mocking, put-downs, ridicule, accusations, blaming, use of trivializing words or gestures).
- Pressure tactics (rushing her to make decisions, using guilt or accusations, sulking, threatening to withhold financial support, manipulating children, abusing feelings).
- Interrupting, changing topics, not listening, not responding, twisting her words.
- Economic coercion (withholding money, the car or other resources; sabotaging her attempts to work).
- Claiming “the truth,” being the authority, defining her behavior, using “logic.”
- Lying, withholding information, infidelity (having sex with others).
- Using pornography.
- Withholding help on childcare/housework (not doing your share or following through on your agreements).
- Emotional withholding (not expressing feelings, not giving support, validation, attention, compliments, respect for her feelings, rights and opinions).
- Not taking care of yourself (not asking for help or support from friends, abusing drugs or alcohol, being a “people pleaser”).
- Other forms of abuse (please list below).
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Physical violence

- Slap, punch, grab, kick, choke, push, restrain, pull hair, pinch, bite.
- Rape (use of force and/or threats to get sex).
- Use of weapons, throwing things, keeping weapons around that scare her.
- Abuse of furniture, things in the home, pets, destroying her things.
- Intimidation (standing in the doorway during arguments, angry or threatening gestures, use of size to intimidate, standing over her, out-shouting, driving recklessly).
- Uninvited touching.
- Threats (verbal or nonverbal, direct or indirect).
- Harassment (unwanted visits or calls, following her around, “checking up” on her, embarrassing her in public, not leaving when asked).
- Isolation (preventing or making it hard for her to see/talk to friends, relatives, others).

(Adapted from [EMERGE](#), Boston, Massachusetts)