

BEHAVIORAL CHECKLIST:

Domestic Violence is about control; and how a batterer gets control or gets what they want is not just hitting, but other kinds of controlling behaviors. The following is a list of behaviors identified by victims of domestic violence. This list isn't complete, add to it as you learn more.

Physical Abuse

- pushed or shoved
- held down to keep you from leaving
- slapped or bit
- kicked or choked
- hit or punched
- thrown objects at you
- locked you out of the house
- abandoned you in dangerous places
- refused to help when you were sick, injured or pregnant
- tried to hit or force you off the road with a car
- raped you
- threatened or hurt you with a weapon

Sexual Abuse

- made jokes or crude remarks about you or other women
- treated women as sex objects
- jealousy; accusing you of affairs
- forced you to dress a particular way
- put down your feelings about sex
- criticized you sexually
- insisted on sexual contact or touching
- withheld sex and affection
- called you sexual names, like "whore" or "frigid"
- forced you to strip
- show sexual interest in other women

- had affairs with other women while agreeing to monogamy
- demands monogamy from you, while insisting on freedom for self
- forced sex with him or others
- forced sex after beating or threatening beating

Emotional Abuse

- ignored your feelings
- ridiculed or insulted your valued beliefs, religion, race etc.
- withholds appreciation, approval or affection as punishment
- continually criticizes, calls you names or shouts at you
- insults or drives away friends/family
- humiliates you in public or private
- refuses to socialize with you
- always checks up on you
- monitors or takes car from you
- threatens to leave you continually
- abuses pets to hurt or scare you
- makes you feel worthless, never good enough
- dislikes your friends/family or how you do just about anything

Intimidation and Threats

- instilling fear through looks, gestures or actions
- smashing things

- _____ destroying things of value to you
- _____ injuring or killing pets to frighten you
- _____ threatening to hurt/kill someone you love
- _____ displaying weapons in threatening way
- _____ cleaning weapons immediately after or during a threatening argument
- _____ threatening to leave you or commit suicide
- _____ makes you commit illegal acts
- _____ threatens to report illegal acts or report her to welfare or child abuse investigations
- _____ he says he'll never let you leave him

Isolation

- _____ starting a fight every time you want to go out
- _____ he doesn't like your family
- _____ makes you feel guilty when you spend time away from him
- _____ although it is not said directly, you always feel like you must ask permission before going out
- _____ he refuses to care for the children as you are preparing to leave
- _____ you must account for every moment of the time you are gone — who you are with, where you went, who you saw, what you did, etc.
- _____ he makes you late for work so many times, you lose your job
- _____ he accuses you of having affairs

Using the Children

- _____ threatens to kidnap or kill the children
- _____ punishes or deprives the children

- _____ when he's mad at you
- _____ calls you a bad parent
- _____ uses visitation to harass you
- _____ tells the children "I'm going to jail because Mommy is mad at me"
- _____ doesn't participate in the care of the children
- _____ uses the children to make you feel guilty

Economic Abuse

- _____ controls access to household money, you don't know where it is or how much you have
- _____ he makes all the financial decisions if you are responsible for the household budget you have to account for every dime and are punished if there isn't "enough"
- _____ he takes your paycheck or sells your belongings to get extra money

Minimization, Denial and Blame

- _____ he says he wouldn't hit you if you hadn't made him
- _____ says the abuse never happened or that it was no big deal
- _____ he says you deserve it

Control through Overprotection and "Caring"

- _____ he doesn't like it if you are away from home because he worries
- _____ phones or unexpectedly shows up where you work to see if you're "ok"
- _____ he shops/runs errands so you don't have to go out
- _____ he drives you to and from places so no one will get "ideas"