

# Are you in an abusive situation?

This questionnaire is designed to help you decide if you are living in an abusive situation. There are different forms of abuse, and not every woman experiences all of them. Below are various questions about your relationship with a man. As you can see, each possible answer has points assigned to it. By answering each question and then totaling these points as directed, you can compare your score with our Abuse Index. You will know if you are living in a potentially violent situation, and if you are abused, you will have some estimate of how really dangerous that abuse is.

**DIRECTIONS:** Circle the response to each question that best describes your relationship.

1. Does he continually monitor your time and make you account for every minute (when you run errands, visit friends, commute to work, etc.)?

Frequently	Sometimes	Rarely	Never
3	2	1	0

2. Does he ever accuse you of having affairs with other men or act suspicious that you are?

Frequently	Sometimes	Rarely	Never
3	2	1	0

3. Is he ever rude to your friends?

Frequently	Sometimes	Rarely	Never
3	2	1	0

4. Does he ever discourage you from starting friendships with other women?

Frequently	Sometimes	Rarely	Never
3	2	1	0

5. Do you ever feel isolated and alone, as if there was nobody close to you to confide in?

Frequently	Sometimes	Rarely	Never
3	2	1	0

6. Is he overly critical of daily things, such as your cooking, your clothes, or your appearance?

Frequently	Sometimes	Rarely	Never
3	2	1	0

7. Does he demand a strict account of how you spend money?

Frequently	Sometimes	Rarely	Never
3	2	1	0

8. Do his moods change radically, from very calm to very angry, or vice versa?

Frequently	Sometimes	Rarely	Never
3	2	1	0

9. Is he disturbed by you working or by the thought of you working?

Frequently	Sometimes	Rarely	Never
3	2	1	0

10. Does he become angry more easily if he drinks?

Frequently	Sometimes	Rarely	Never
3	2	1	0

11. Does he pressure you for sex much more often than you'd like?

Frequently	Sometimes	Rarely	Never
3	2	1	0

12. Does he become angry if you don't want to go along with his request for sex?

Frequently	Sometimes	Rarely	Never
3	2	1	0

13. Do you quarrel much over financial matters?

Frequently	Sometimes	Rarely	Never
3	2	1	0

14. Do you quarrel much about having children or raising them?

Frequently	Sometimes	Rarely	Never
3	2	1	0

15. Does he ever strike you with his hands or feet (slap, punch, kick, etc.)?

Frequently	Sometimes	Rarely	Never
6	5	4	0

16. Does he ever strike you with an object?

Frequently	Sometimes	Rarely	Never
6	5	4	0

17. Does he ever threaten you with an object or weapon?

Frequently	Sometimes	Rarely	Never
6	5	4	0

18. Has he ever threatened to kill either himself or you?

Frequently	Sometimes	Rarely	Never
6	5	4	0

19. Does he ever give you visible injuries (such as welts, bruises, cuts, lumps on head)?

Frequently	Sometimes	Rarely	Never
6	5	4	0

20. Have you ever had to treat any injuries from his violence with first aid?

Frequently	Sometimes	Rarely	Never
6	5	4	0

21. Have you ever had to seek professional aid for any injury at a medical clinic, doctor's office, or hospital emergency room?

Frequently	Sometimes	Rarely	Never
6	5	4	0

22. Does he ever hurt you sexually or make you

have intercourse against your will?

Frequently	Sometimes	Rarely	Never
6	5	4	0

23. Is he ever violent toward children?

Frequently	Sometimes	Rarely	Never
6	5	4	0

24. Is he ever violent toward other people outside your home and family?

Frequently	Sometimes	Rarely	Never
6	5	4	0

25. Does he ever throw objects or break things when he is angry?

Frequently	Sometimes	Rarely	Never
6	5	4	0

26. Has he ever been in trouble with the police?

Frequently	Sometimes	Rarely	Never
6	5	4	0

27. Have you ever called the police or tried to call them because you felt you or other members of your family were in danger?

Frequently	Sometimes	Rarely	Never
6	5	4	0

To score your responses simply add up the points directly below each question's circled answer. This sum is your Abuse Index Score. To get some idea of how abusive your relationship is, compare your Index Score with the following chart:

120-94	Dangerously abusive
93-37	Seriously abusive
36-15	Moderately abusive
14-0	Nonabusive

A woman with a score of 0-14 lives in a nonabusive relationship. The sorts of strains she experiences are not unusual in modern homes, and she and the man deal with them nonviolently. A woman with a score in the 15-36 range, however, definitely does live in a home where she has experienced some violence at least once in a while. It may be that this is a relationship where the violence is just beginning, or perhaps for whatever reason it has stopped at this level of severity.

Women with scores in the 37-93 range are in a seriously abusive situation that can, under outside pressures, or with the sudden strain of a family emergency, move into the dangerously severe range.

Women with scores in the top range of 94-120 need to consider even more seriously the option of leaving the relationship at least temporarily (and possibly soon). The violence will not "take care of itself" or miraculously disappear. Over time the chances are very good that the woman's life will literally be in jeopardy more than once.

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