

Frequency of Abuse Inventory

There is no grading for this inventory. The purpose of doing it is to increase the client's awareness of the types of behaviors that are abusive and the cyclical and escalating frequency and severity of abuse that typically happens in an unhealthy relationship.

Emotional / Psychological Abuse

1.	Called you names or swore at you?
2.	Yelled or screamed at you?
3.	Criticized your intelligence or abilities?
4.	Humiliated you in front of other people?
5.	Tried to make you feel unattractive?
6.	Criticized or put down your family or friends?
7.	Lied to you or deceived you?
8.	Blamed you for things that weren't your fault?
9.	Said or done mean things and pretended he/she was only joking?
10.	Used threatening body language or gestures?
11.	Gave you the "silent treatment"?
12.	Embarrassed you at your place of work?
13.	Tried to control your activities, friendships?
14.	Tried to control all the money, family decisions?
15.	Hurt you by having an affair?
16.	Made jealous comments or accusations?
17.	Followed or watched you from a hiding place?
18.	Hounded you from room to room during an argument?
19.	Kept you awake when he/she is angry?
20.	Driven dangerously with you when he/she was angry?
21.	Gone into your wallet/purse without your permission?
22.	Read your private diary or letters?
23.	Taken away your house or car keys?
24.	Broken your confidence (told your secret)?
25.	Frightened you with a knife, gun or other weapons?
26.	Harassed you with phone calls or uninvited guests?
27.	Threatened to hurt or kill you?
28.	Threatened to leave or get a divorce when he/she didn't mean it?
29.	Threatened to take custody of the children?
30.	Threatened to hunt you down if you left?
31.	Threatened to hurt someone else (a family member or friend)?
32.	Threatened suicide?
33.	Done anything else to hurt you emotionally?

Physical Abuse

1.	Grabbed you?
2.	Pushed you?
3.	Shaken you?
4.	Slapped you?
5.	Pinned you down or against the wall?
6.	Restrained you from leaving?
7.	Dragged you from one place to another?
8.	Chased you when you tried to get away?
9.	Knocked you down or into something?
10.	Bitten you?
11.	Punched or backhanded you?
12.	Pulled your hair?
13.	Kicked you?
14.	Choked you or put a pillow on your face?
15.	Thrown something at you?
16.	Burned you with anything?
17.	Hit you with anything?
18.	Hurt you physically in any way(s)?

Sexual Abuse

1.	Keep on touching and grabbing you when you don't want to be touched?
2.	Treated sex as his/her right, and your duty?
3.	Hurt you in sexual parts of your body?
4.	Pressured you into a sexual activity that you didn't want?
5.	Said mean things about your sexual ability or behavior?
6.	Forced you to have sex when you didn't want to (rape)?
7.	Pressured you to have sex after he has been violent or abusive?

Property Abuse

1.	Punched or kicked the wall?
2.	Torn down curtains or decorations?
3.	Damaged a door or window?
4.	Thrown or broken furniture (e.g. lamp, table, chair, etc.)
5.	Thrown or broken dishes or small objects?
6.	Ripped out or broken the telephone?
7.	Deliberately spilled or thrown food or drinks?
8.	Ripped your clothes when he/she was angry?
9.	Damaged or destroyed your possessions?
10.	Destroyed anything of your own when he/she was angry?
11.	Destroyed anything of his/her own when he/she was angry?
12.	Deliberately damaged a vehicle when he/she was angry?

13.	Hurt an animal when he/she was angry?
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