

Checklist for Women About Partner's Behaviour

	1x	2x	3x	3+
Isolation/Restricting freedoms				
Told you that you can not do something.				
Controlling what you wear, including clothes, makeup, or hairstyles.				
Monitored your time/made you account for where you were.				
Did not allow you to leave the house.				
Made it difficult for you to get a job.				
Restricted your use of vehicle.				
Restricted your use of telephone.				
Tried to prevent you from contacting family or friends.				
Kept you from getting medical care.				
Other (please explain).				
Male Privilege				
Demanded obedience.				
Made decisions without your input.				
Treated you like an inferior.				
Told you couldn't cope without him.				
Talked about women as if they were inferior.				
Treated you like a servant.				
Other (please explain).				
Threats and Psychological Abuse				
Turned people against you.				
Left the relationship.				
Dated someone else while in the relationship.				
Threatened to take the children away from you.				
Deprived you of sleep e.g.: awakened you to argue.				
Deprived you of food.				
Threatened to come after you.				
Threatened to have you committed to an institution.				
Threatened to kill you and/or the children.				
Threatened to kill himself/herself.				
Drove the car in a frightening way.				
Abandoned you in an unfamiliar place.				
Harassed you at work.				
Pressured you to drop criminal charges.				
Made harassing phone calls.				
Violated custody/restraining order.				
Followed or stalked you.				
Threatened to proceed with legal action.				
Harassed or threatened family and friends.				
Destroyed or withheld your personal possessions.				

Gaslighting you by pretending not to understand or refusing to listen to you; questioning your recollection of facts, events, or sources; trivializing your needs or feelings; or denying previous statements or promises.				
Other (please explain).				
Technology-Facilitated Abuse				
Sending abusive texts, emails or messages via social media.				
Constantly texting you or making you feel like you can't be separated from your phone for fear that you'll anger them.				
Sending, requesting, or pressuring you to send unwanted explicit photos or videos, sexts, or otherwise compromising messages.				
Making continuous controlling or threatening phone calls.				
Making someone prove where they are by sending photos of their location.				
Checking someone's text messages, social media activity or internet activity.				
Stealing or insisting on being given your account passwords.				
Forbidding someone from having a phone or limiting who they can contact via phone or internet.				
Spying on, monitoring or stalking someone through any type of surveillance device (such as a tracking system or spyware).				
Using smart home technology, smart speakers, or security cameras to track your movements, communications, and activities.				
Sharing intimate photos of someone without their consent (sometimes called revenge porn).				
Telling you who you can or can't follow, or be friends with on social media.				
Economic Abuse				
Made you account for all the money you spent.				
Kept you short of money.				
Made you ask for basic necessities.				
Support payments for you and/or children withheld or late.				
Sold your possessions or co-owned property without your knowledge.				
Built up debts for which you are jointly liable.				
Cleaned out your joint bank account.				
Restricted you to an allowance.				
Other (please explain).				
Intimidation				
Changed their mood suddenly.				
Gave you the silent treatment.				
Showed you that he/she was getting angry.				
Shouted or yelled.				
Pounded a fist on the table.				
Hit the wall.				
Threw or kicked something.				
Stomped out of the room/house.				

Killed or neglected the animals.				
Frightened you into submission to get own way.				
Other (please explain).				
Emotional Abuse				
Said things designed to spite or insult you in front of others.				
Put down your physical appearance.				
Made out that you were stupid.				
Criticized your care of children/home.				
Criticized your family and friends.				
Called you names and swore at you.				
Told you that you were crazy/irrational.				
Undermined you e.g.: parenting, attempts to improve yourself.				
Changed his plans to visit children or cancelled arranged custody visits.				
Blamed you for their problems.				
Other (please explain).				
Sexual Abuse				
Withdrew affection.				
Was excessively jealous.				
Implying that you owe them something sexually in exchange for previous actions, gifts, or consent.				
Non-consensual use of objects sexually.				
Flaunted affairs.				
Made sexual accusations that you were having affairs.				
Withheld sex to punish you.				
Pressured you to have sex when you were saying no.				
Forced you to have sex against your will.				
Pressured you to have sex after being abusive towards you.				
Pressured or forced you into unwanted sex.				
Pressured or forced you into unwanted sex acts.				
Purposely inflicted pain on you during sex.				
Sex accompanied by violence and/or threats.				
Sexual name calling.				
Non-consensual use of pornography.				
Intentionally give you or attempt to give you a sexually transmitted infection.				
Other (please explain).				
Reproductive Coercion				
Made birth control solely your responsibility.				
Did not allow you to use birth control.				
Refusing to use a condom or other types of birth control.				
Breaking or removing a condom before or during sex, or refusing to pull out.				
Lying about methods of birth control (i.e. having a vasectomy or being on the pill).				

Removing birth control methods like rings, IUDs, or contraceptive patches, or sabotaging methods by poking holes in condoms or tampering with pills.				
Withholding money to purchase birth control.				
Monitoring your menstrual cycles to inform their abuse.				
Forcing pregnancy or not supporting your decisions about when or if to have				
Intentionally becoming pregnant against your wishes.				
Forcing you to get an abortion or preventing you from getting one.				
Keeping you pregnant by getting you pregnant again shortly after you have a child.				
Physical Abuse				
Pinched, bit, tripped, pushed, grabbed, shook, kicked, slapped, punched,				
Pulled your hair.				
Twisted your arm.				
Pinned you to the wall, floor or bed.				
Choked/strangled you.				
Covered your mouth.				
Restrained you.				
Smothered you.				
Forced you to use drugs or alcohol.				
Forcefully put you out of the house.				
Hit or tried to hit you with something.				
Threatened you with a knife, gun, or other weapon.				
Tried to run you down with a vehicle.				
Assaulted you when you were pregnant.				
Other (please explain).				
Stalking				
Showing up at your home or workplace unannounced or uninvited.				
Sending you unwanted texts, messages, letters, emails, or voicemails.				
Leaving you unwanted items, gifts, or flowers.				
Calling you and hanging up repeatedly or making unwanted phone calls to you, your employer, a professor, or a loved one.				
Using social media or technology to track your activities.				
Using someone else's social media account to look at your profile or befriending your friends to get information about you.				
Waiting around at places you spend time.				
Damaging your home, car, or other property.				
Hiring a private investigator to follow or find you as a way of knowing your location or movements.				