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| In the relationship | After you separated/  divorced | Using Children |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 1. Your ex hurt or allowed others to hurt your children. 2 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 2. Your ex told the children in front of you, “If your mother isn't here when you come home from school, look under the ground in the backyard, right where the dog is buried.” 2 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 3. Your ex threatened to take the children or took the children and refused to let you see them after he gained primary physical and legal custody. 5, 6 For example, he interfered with your parenting time after gaining primary or sole parenting of your children. |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 4. Your ex used your children to give messages to you.5 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 5. Your ex used visitation or his parenting time as a way to harass you.5 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 6. Your ex made statements that led you to feel guilty about the children.5 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 7. After gaining custody, your ex refused to let you see the children for one year or more, then let you see the child now and then for a day at a time – if you were very grateful and never demanded your children back. He dictated terms of parenting time you would have with your children.5, 6 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 8. After your ex won custody, he moved away without entering the court system or without telling the court of his intention to move, or he moved away and permanently kidnapped the children.6 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 9. After you separated, your ex sought unapproved contact with the children or kept you from having contact. For example, he kidnapped the children,kept the children longer than allowed, and/or returned the children to you later than allowed.4 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 10. Your ex threatened to tell authorities that you are a lesbian or gay, strung out on drugs, or mentally unstable so they will take the children.6 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 11. After you separated, your ex became extremely attentive to your children after having minimal involvement while you were married or in your relationship.6 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 12. Your ex used child custody court as a way to control you.6 For example, you were threatened to lose your children if you did not give your ex primary legal and physical custody. You were threatened with a custody battle if you did not agree to the parenting agreement written by your ex.5 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 13. Your ex undermined your parenting.7 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 14. Your ex convinced your children that you did not love them because you slept with someone else.6 or implied to your children you committed adultery (using the Bible) because you separated from him.5 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 15. Your ex engaged in brainwashing your children against you. 4, 6 For example, he constantly bad-mouthed you until the children began to believe him. |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 16. Your ex threatened to take the children "any time" he hears you are "misbehaving" (as in having an affair).6 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 17. Your ex left your children alone for weeks with a caretaker, but refused to allow you parenting time when he was unavailable to care for your children.6 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 18. You lost custody of your children at young ages and they were raised by your ex mother-in-law or another caregiver.5, 6 For example, after getting custody, your ex turned over primary care of your children to another person, such as his new wife, a live-in girlfriend, or other caregiver.4 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 19. Your ex made sure your visitation/ parenting time was limited to a few hours each week.6 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 20. Whenever your child said she/he wanted to live with you, she/he were not allowed to see you.6 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 21. Your children are not allowed to talk about you with your ex, tell you they love you, or smile when they talk with you by phone.5 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 22. Your children were told to tell you what they wanted before a court hearing by your ex because it was what your ex wanted them to say.5 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 23. When you decided to move out, your ex physically prevented you from taking the children.6 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 24. When you were given custody of your children, your ex never tried to talk to them, or write, call, or send cards or gifts.5, 6 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 25. After gaining primary parenting time with your children, your ex failed to give you enough advance notice of special events in your children's lives so you could attend.5 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 26. When you were given custody of your children, your ex relinquished parental rights to avoid paying child support. Only after your children were adults did your ex attempt to develop a relationship with them.5 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 27. Your ex monitored your phone calls, e-mails, text messages, or video calls with your children so they did not feel comfortable sharing with you during that time.5, 6 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 28. Your ex coached, bribed, or pressured the children to lie about you in court.5 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 29. Your ex would alternate kindness and abusiveness with the children to create a trauma-induced bond with the children.5 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 30. Your ex led the children to believe that their safety depended on remaining close with him.5 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 31. Your ex blamed the divorce or separation on you; made sure the children knew that the spiritual and emotional costs to everyone in the family were your fault.5 For example, he showed the children extreme religious texts or videos stating that divorce is a sin, and that sinners go to hell; taught children that women’s role is to keep the family together, no matter what.5 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 32. Your ex made the children believe that anything you do for them is done only to make *him* look bad.5 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 33. Your ex insisted on joint custody and 50% shared parenting time as a strategy to reduce his child or spousal support payments.5 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 34. Your ex questioned the children about visits as a way to gather information about you.5 For example, he demanded to know, in detail, what they did, who they visited, where they went, who they saw, what they drove. |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 35. When you had your ex’s baby after you separated, he refused to accept the child as his saying, “That is not my child because I don’t make boys or girls” or other comments denying the possibility of paternity.5 |