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| **In the relationship** | **After you separated/ divorced** | **Emotional Abuse** |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 1. Your ex used rituals of degradation with you.2 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 2. Your ex performed unannounced room searches.2 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 3. Your ex forced confessions from you.2 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 4. Your ex forced you into lockdowns (where you are not permitted to leave your room or the house or use the phone for a period of time).2 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 5. Your ex used periods of forced silence.2 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 6. Your ex denied you access to rights of personal hygiene, eating, sleeping, and/or toileting.2 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 7. Your ex suppressed conflict and resistance.2 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 8. Your ex created and enforced rules for everyday conduct.2 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 9. Your ex used information shared by you of terrorizing, humiliating, or abusive childhood experiences as reenactments.2 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 10. Your ex called you names, yelled at you, and/or refused to listen to anything you wanted to say.5 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 11. Your ex forced you to violate your religious beliefs.51 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 12. Your ex trained you to react in predetermined ways to cues, such as finger snapping, a set number of telephone rings, a nod, two taps of the foot.2 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 13. Your ex insisted he set the terms for every encounter: if you tried to walk away from an argument or refused to get out of bed in the middle of the night to review your faults or tried to sit separate, you were reminded that the lecture, interrogation, sex, job, or “the relationship ends when I say it ends.”2 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 14. Your ex demonstrated the ultimate expression of property rights: the right of disposal illustrated by the statement frequently preceding Femicide (female murder): “If I can't have you, no one will.”2 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 15. Your ex caused the sudden destruction or unexplained disappearance of familiar objects that had special meaning to you.2 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 16. You sometimes wonder, "What's wrong with me? I shouldn't feel so bad."52 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 17. You frequently feel perplexed and frustrated by your ex’s responses because you can't get him to understand your intentions.52 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 18. Your ex seems to take the opposite view from you on almost everything you mention, and his view is not qualified by "I think" or "I believe" or "I feel"--as if your view were wrong and his were right.52 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 19. Your ex is either angry or has "no idea of what you are talking about" when you try to discuss an issue with him.52 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 20. You sometimes wonder if your ex sees you as a separate person.52 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 21. Your ex seems irritated or angry with you several times a week or more although you did not mean to upset him. You are surprised each time. (He says he is not mad when you ask him what he is mad about, or he tells you in some way that it's your fault.).52 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 22. Your ex engaged in “gaslighting.” For example, he deliberately gave you false information with the intent of making you doubt your own memory, perception, and sanity. Instances may range simply from the denial by your ex that previous abusive incidents ever occurred, up to the staging of bizarre events by your ex with the intention of disorienting you.53 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 23. Your ex rarely, if ever, seems to want to share his thoughts or plans with you.52 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 24. When you felt hurt and tried to discuss your upset feelings with your ex, you didn't feel as if the issue was fully resolved, so you didn't feel happy and relieved, nor did you have a feeling that you've "kissed and made up." (He says, "You're just trying to start an argument!" or in some other way expresses his refusal to discuss the situation.).52 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 25. You cannot recall saying to your ex, "Cut it out!" or "Stop it!"52 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 26. You are upset not so much about concrete issues--how much time to spend with each other, where to go on vacation, etc.--as about the communication in the relationship: what he thinks you said and what you heard him say.52 |