**Directions: Go through the list of behaviors/tactics some abusers/coercive controllers do to hurt their partner or ex-partner. Decide, to the best of your recollection, how frequently your partner or ex-partner has used any of the following Intimidation Tactics since your relationship began? Circle the number that applies to your situation.**

**1 \_\_*never*, 2 \_\_*hardly ever*, 3 \_\_*sometimes*, 4 \_\_*often*, 5 \_\_*quite often*, 6 \_\_*not applicable*, 7 \_\_*prefer not to answer***

Column 1 = In the relationship

Column 2 = After you separated/divorced

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| --- | --- | --- |
|  In the relationship |  After you separated/divorced | Intimidation |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 1. Your ex embarrassed you on social occasions to get you to do as instructed.1 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 2. Your ex forced you to listen to long “lectures” from him/her about his/her rules, opinions, or dissatisfaction with you at all hours (It’s done, when I say it’s done)1.  |
|  1 2 3 4 5 6 7  | 1 2 3 4 5 6 7 | 3. Your ex openly followed you1 or had you followed. |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 4. Your ex tells you he/she is only doing what is best for you while his/her desire is to control you1 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 5. Your ex gave you the “silent treatment” (sometimes for long periods of time [months]) after you refused a demand or otherwise displeased him/her.1 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 6. Your ex engaged in frequent sexual inspections.1 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 7. Your ex described in detail how he/she could have killed you without being found out..1 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 8.   Your ex made statements that caused your children to worry on your behalf. For example, 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 | 9.   Your ex called you repeatedly at work or showed up there unexpectedly.1 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 10. Your ex sent anonymous “reports” about your sex life, alcohol use, child abuse, or other behavior (either true or untrue) to clients, business associates, coworkers, family members or friends.1 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 11.   Your ex revealed personal secrets to family members or friends.1 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 12.   Your ex cleaned house by burning toys, pieces of furniture, or your clothing.1 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 13.   Your ex secretly monitored your cell phone.1 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 14.  Your ex drove recklessly with you and/or the children in the car1 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 15.Yourex read your text messages, e-mail, Facebook page comments, journals, diaries, or blogs.1 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 16.Yourex checked your phone calls, and called back anyone whose voice he/she did not recognize.1 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 17.Yourex allowed children to have “accidents” while he/she was caring for (or “babysitting”) them.1  |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 18. Your ex played cruel jokes on you or frightened you and excused his/her behavior by calling it “fun” or “games”. For example, surprised you by practical jokes such as jumping out of a closet, scaring you with fake blood, plastic rodents or snakes and excusing it as “a joke”; playing too roughly with young children and excusing it as “games”.1 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 19. Your ex made you feel crazy by sabotaging a common activity (e.g., turning off the stove after you turned it on; moving your car without your knowledge, or putting your car keys in a strange place. 1 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 20. Your ex performed, in secret, any action that you knew you couldn’t bring attention to because you would then be more at risk for further emotional or physical abuse.1 For example, he/she intentionally damaged your car, but you didn’t mention it for fear he/she would wreck it; you’re sure he/she followed you to work, but you didn’t complain, for fear that next time he/she would talk to your boss and you might lose your job. |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 21. You understand and accept your ex’s reasons for wanting to make you fearful of injury or harm. You feel grateful when your ex warns you when you are “out of line.” Or, you feel grateful when your ex gives you a brief break from feeling frightened.6 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 22. Your ex agreed to pay your rent and minimal child support if you never have another affair while refusing to divorce you.6 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 23. Your ex ransacked where you worked, fire-bombed or damaged your new partner's home in some way, made threats to you and your new partner.6 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 24. After you were divorced, your ex found out you went on a date, threatened your date, called your date's parents, stopped sending rent money until you were evicted while he/she remarried and had another family.6 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 25. Your ex told you when he/she was hurting you, said “you're the person I want to hurt”.6 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 26. Your ex's rage was hot red, volcanic6 |