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| **In the relationship** | **After you separated/****divorced** | **Using Isolation** |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 1. Your ex stopped you from calling family or friends.1 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 2. Your exdestroyed mementos or photographs of family members.1 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 3. You cut *you* off from friends and family to prevent rages1 or to keep from having to explain your every move.  |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 4. Your extimed or limited your conversations.1  |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 5. Your exclosed off opportunities for transportation. For example, prevented you from getting a driver’s license, never left the car or keys with you, monitored your trip mileage, would not provide money for public transportation.5  |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 6. You found yourself avoiding accidental social contact to keep your partner or ex from becoming angry or to prevent jealous rages.1 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 7. Your exconfined you. For example, kept you in walk-in closets or specific rooms; barred you from leaving the house; made you sit in cars for hours; forced you to sit without moving on the couch or on the floor; did not permit you to drive or to go out by yourself.2  |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 8. Your exisolated you from sources of support.2 For example, he kept you away from friends, family, church members, health care workers, or government agencies like social services.  |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 9. Your exstopped you from seeing health care professionals. For example, he refused to believe you needed medical or dental care; refused to provide money for health care; refused to go with you to your appointments. Or, where he is a doctor, had an associate write prescriptions for medicines (sometimes psychiatric medicines without meeting you) so you didn’t get to see another doctor.1 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 10. You understood and accepted your partner’s/your ex’s reasons for wanting to shield you from other people. Or, you felt grateful to your partner/ex when you were finally allowed to have contact with friends, family, or other people.5  |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 11. Your exdid not physically keep you in the house, but made it impossible to leave. For example, he would not let you have house keys (you couldn’t lock the house behind you, and so you didn’t dare leave); would not let you use the car; or he removed the battery from the car to keep you from driving anywhere.5 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 12. Your exkept you from socializing, seeing family members, or leaving the house.1 For example, he stopped you from going to church or to the gym;1 forced you to quit the home-schooling network or PTA, which was your only source of contact besides children; or forced you to quit doing other activities outside your home.1 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 13. Your excriticized your failure to succeed, while keeping you from succeeding. For example, he complained that you don’t make any money, while insisting that you do all of the housework and childcare; belittled your educational level while disrupting every effort you made to get your GED, take a class, or enroll in college.1  |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 14. Your exkept you from visiting your family or friends. For example, he would not let you drive the family vehicle; insisted that you stay with him or visit his family at holidays and refused to provide money for plane trips home1 or for gasoline to drive to visit your family. |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 15. Your exprevented you from contacting anyone by removing electronic equipment. For example, he pulled the phone out of the wall;1 or removed cell phones or computers from the house.  |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 16. Your ex took your shoes or clothes to keep you from leaving your home.5  |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 17. Your exprevented you from socializing when in public. For example, he forced you to sit in one place (“and don’t move”) when you were at a bar;1 made you stay in the car while he shopped or visited friends.  |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 18. Your exbelittled your friends. For example, he called your friends “whores,”1 “bitches,” or “bad influences.”  |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 19. Your exprevented your escape and/or monitored your contact with other people through an unpredictable pattern of tactics. For example, the random use of rules, stalking, cyber stalking, beepers, cell phones, and other means.2 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 20. Your exdiscouraged you from shopping on your own. For example, he went through your purchases and destroyed or returned things; 2 wouldn’t provide money for groceries or other necessities unless he was with you when you shopped.  |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 21. Your exlimited your willingness to do anything or go anywhere without permission because of the inspections you had to face afterwards. For example, questioning about where you went, what you did, or whom you saw. May include the use of “micro-regulation”: going through your closets, drawers, mail, e-mail, web favorites, diaries or journals, phone bills, pocket books, or checkbook.2 |