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| **In the relationship** | **After you separated/**  **divorced** | **Minimizing, Denying, Blaming** |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 1. Your ex “monopolized your perception”2; that is, he tried to take over your senses, making you feel crazy by trying to distort what you knew, remembered, saw, thought, or felt. For example, he minimized the extent to which he hurt you, denied hurting you, or blamed you for making him hurt you. |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 2. Your ex said the abuse didn’t happen or “forgot” about it. For example, he said, “I don’t know what you’re talking about” or “you’re crazy.”1 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 3. Your ex made light of the abuse.1 For example, said “it wasn’t that bad,” “everyone fights like this,” “You’re always so dramatic,” “you’re getting upset about nothing,” or “*I’m* not upset.” |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 4. Your ex blamed you for his problems. For example, he said that if you “believed in him” he would be more successful.8 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 5. You felt guilty when your ex blamed you for the abuse, believing that it’s *your* job to keep the family happy.8 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 6. Your ex blamed an outside event or situation for the abuse. For example, he blamed his actions on being drunk or using drugs, a problem at work, a disagreement, or financial worries.8 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 7. Your ex blamed you for the abuse. For example, he said “I’ve had enough of your nagging” or “You’re always trying to pick a fight” or “It takes two to fight,” or he says if you’d done what he asked, you wouldn’t have gotten hurt.5 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 8. Your ex spoke against you to everyone in town.6 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 9. You began to accept your ex’s version of reality, and began to believe that the abuse was your fault, that it wasn’t “that bad,” or that the relationship wasn’t really abusive, after all.8 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 10. Your ex blames your family or the children for the abuse.5 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 11. Your ex wouldn’t take your concerns about the abuse seriously. For example, he refused to talk about problems, or responded with, “You’re making a mountain out of a molehill.”8 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 12. Your ex tells you what you need to do to keep him from having to abuse you again.5 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 13. You felt grateful for your ex’s explanation of reality; because it helped you make sense of what was going on.8 |
| 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 | 14. Your ex treats periodic improvements in his behavior or stretches of non-abusive times as a reason or excuse for abuse. For example, he may say, "I haven’t done anything like that in a long time, so why are you making a big deal out of it." 15 |