|  |  |  |
| --- | --- | --- |
| **In the relationship** | **After you** **separated/****divorced** | **Physical abuse/violence**  |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 1. Your ex spit at you.3  |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 2. Your ex held your head under water in the toilet.2 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 3. Your ex denied you sleep.2 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 4. Your ex threw something at you.3 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 5. Your ex choked you, sometimes to unconsciousness. 3, 6 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 1. Your ex hit, kicked, or punched you.3
 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 1. Your ex hit you or tried to hit you with something.3
 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 1. Your ex threatened you with a knife, gun, or other weapon.3
 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 1. Your ex pushed or grabbed you.3
 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 1. Your ex pulled your hair.3
 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 1. Your ex burned you with cigarettes.2
 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 1. Your ex physically abused you after separation or divorce.5
 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 1. Your ex beat you up for having an affair you did not have although your partner openly had extramarital affairs.6
 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 1. Your ex prevented you from eating; only allowed you to eat at certain times; only allowed you to eat certain foods; forced you to eat foods you did not like or want.4
 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 1. Your ex tried to block you from leaving.3
 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 1. Your ex pinned you to the wall, floor, or bed.3
 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 1. Your ex entered your home after you were divorced, told your date to leave, then punched you until you ended up in the hospital.6
 |
| **1 2 3 4 5 6 7** | 1 2 3 4 5 6 7 | 1. Your ex choked you, cut off your breathing, put pressure on your chest using parts of his body, or in some way caused you to see stars, begin to lose consciousness, or you actually lost consciousness. All these are examples of strangulation.5
 |