

# DOES HE, OR HAS HE EVER?

A summary on the Types of Abuse ... as a referencial questionnaire



# Physical Abuse

Actual physical violence & Intimidation using threats of violence.

## Does he, or has he ever ...

- Slapped, punched, kicked, bit, pushed or pulled you ? .....
- Twisted your arms, tripped you, pulled your hair, burned you ? .....
- Choked, strangled or smothered you ? .....
- Squeezed you too tight ? .....
- Used weapons (guns, knives, martial arts weapons, etc.) to hurt or frighten you ? .....
- Used objects to hurt or frighten you (eg. sticks, belts bottles crockery, baseball/cricket bats, tennis/squash racquets etc.) -? .....

## As a result, have you ever had ...

- Bruises, scratches, marks, broken bones/teeth ? .....
- Internal injuries, miscarriages, other ? .....
- Did you receive medical help ? .....
- Did he make you lie to the doctor about your injuries ? .....
- Did he prevent or try to prevent you from getting help ? .....
- Has he ever threatened to do any of the above to you ? .....
- Has he ever threatened to get someone else (eg. a hit man, bikie gang, etc) to hurt or rape you ? .....

## Does he, or has he ever made you afraid by ...

- Warnings ("Watch it", "I'm warning you", "You're going to get it" etc) -? .....
- 'Dirty' or threatening looks ? .....
- Gestures (raises his hand, picks up objects, "plays" with weapons etc. in a threatening way) -? ..
- Damaging or destroying property (walls, furniture, crockery or other household items; your personal things such as clothes, make-up, jewellery, ornaments, photographs, books, music, gifts from other people, or anything else that he knows is important to you) -? Or threatening to do this ? .....
- Hurting your pets ? Or threatening to do this ? .....
- Hurting the children ? Or threatening to do this ? .....
- Leaving you stranded in strange and/or unsafe places (eg he storms out and leaves you at a nightclub with no money so you have to walk home in the dark) -? .....



## Does he degrade, humiliate or demoralise you by ...

Criticising (your appearance, body, taste in clothes, housekeeping, cooking, child rearing, everything you say and do) -? .....

Destroying your confidence by turning all your strengths into faults (you budget well – so he calls you means; you speak well – so he calls you a stuck-up bitch; you're easy going – so he calls you a slob, etc.) -? .....

Making you believe that all your friends/family/workmates see all the same faults in you that he does ? .....

Ridiculing everything you do, every decision you make, every opinion you express etc ? .....

Ridiculing everything you like or are interested in generally spoiling it for you ? .....

Calling you horrible names and swearing at you (b\*tch, tart, moll, wh\*re, c\*nt etc) -? ....

Putting you down (calling you fat, ugly, mean, stupid, dirty, lazy, hopeless etc) -? .....

Accusing you of - disloyalty, unfaithfulness, lack of respect, lying, cheating, stealing etc ? .....

Brainwashing you to believe that you're no good at anything or for anything and that you couldn't manage without him and that no-one else would ever want you ? .....

Making you feel insecure by constantly telling you that other women are much prettier, sexier, smarter etc. than you and that they want him sexually or are or have been his lovers ? .....

Confusing you and trying to make you think you're going crazy (being really nice and loving to you in front of other people and abusive to you in private; saying he told you things when he didn't; sending you to fetch things that he has already hidden; moving things around and saying you're imagining it – and many other "mind games") -? .....

Preventing you from taking medication you need or forcing you to take medication (or alcohol or illegal drugs) so that you will appear to others as though you are drunk, stoned or going crazy ? .....

Embarrassing or humiliating you by doing any or all of these in front of other people ? .....

Withdrawing love and affection, or withholding sex ? .....

Threatening to leave you ? .....

# Emotional- Psychological Abuse

*Behaviour that  
Impacts your  
Self-confidence  
& Self-esteem*



# Sexual Abuse Sexual Violence

# Spiritual Abuse

## Does he, or has he ever ...

Forced you:

To have sex when you don't want to ? or; .....

To participate in any sexual activities that you find painful or in any other way unacceptable or objectionable ? .....

Kept threatening, nagging, pleading, moaning or otherwise pressuring you till you give in and agree:

To have sex when you don't want to ? or; .....

To participate in any sexual activities that you find painful or in any other way unacceptable or objectionable ? .....

Degrade, humiliate, or embarrass you in a sexual way (eg discuss your and/or sexual activities with others; show sexually explicit photos of your to others, urinate on you etc) -? .....

Neglect his personal hygiene (bathing, washing hands, cleaning teeth etc) and force/ expect you to kiss / have sex with him ? .....

## Does he, or has he ever ...

Tell you / other that you are evil, satanic, possessed by the devil etc ? .....

Tell you that you are not a properly submissive Christian / Muslim (or other religion) wife ? .....

Use scripture (usually out of context) to try to prove he's right and you're wrong ? .....

Take you to your priest / minister / religious leaders to be "counselled" and "put straight" ? .....

Forbid you to seek counselling outside of your religious group ? .....



## Does he, or has he ever ...

- Lock you in the house / room ? .....
  - Take you to live away from family and friends or in an isolated area with no close neighbours etc ? .....
  - Not allow you to use the telephone ? .....
  - Forbid you to leave the house ? .....
  - Take your keys ? .....
  - Not allow you to learn to drive/use the car ? .....
  - Make sure you don't have money for fares ? .....
  - Forbid you to talk to or visit friends, family, neighbours ? .....
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## Does he limit your contact with other people by ...

- Being so unpleasant, sulky etc to you after you have had contact with others that you give up seeing people because of fear or embarrassment – or they give up trying to see you ? .....
- Being so unpleasant to other people that either you give up seeing them out of fear or embarrassment – or they give up trying to see you ? .....
- Telling friends and family that you are "sick", crazy, no good etc ? .....
- Telling friends and family that you have been saying bad things about them ? .....
- Telling you lies about people so that you feel that you can't trust them eg. that they think you're bad, or crazy or that they only want to use you or telling you that they're bad or crazy ? .....
- Making sure that you're too busy to have the time or energy to go out ? .....
- Making sure that you look so dowdy that you feel too embarrassed to go out ? .....
- Making you feel so stupid that you don't have the confidence to go out ? .....



# Economic- Financial Abuse

## Does he use money to control you by ...

- Not allowing you to have or handle any money (even if it means he has to do all the shopping and the budgeting, etc) -? .....
- Refusing to tell you how much he earns or to discuss money matters with you ? .....
- Spending all the money on himself and leaving you and the family short of food and other necessities ? .....
- Depriving you of necessities (medicine, tampons, etc) and other personal items (make-up, shampoo, etc) -? .....
- Putting all the responsibility of managing the money on you and is abusive and critical about how you do it ? .....
- Making you account for every cent if you do have access to money for shopping, paying bills etc ? .....
- Not allowing you to have a job or earn money ? .....
- Making you feel like he owns you and you "owe" him because he's earning money and you're not ? .....
- If you do have a job, taking all your money ? .....
- Using all your money for "joint" payments such as house, car, bills, etc and making you dependent on him for everyday necessities ? .....
- Criticising or abusing you every time you spend money – even if you have earned it for yourself ? .....
- Having all assets (house, car, business, etc) in his name only ? .....
- Getting angry, nasty, making you feel guilty for things like being better .....



## Does he justify abuse / violence by ...

Having strong beliefs / rules about male/female roles (what's "women's work" and "men's work" etc) -? .....

Believing he has the right to dictate how you will live, think, behave, etc and that you have no right to comment on how he should live, think, behave etc ? .....

Firmly believing in his right to be "head of the house" and make all the decisions without consulting you ? .....

Behaving like a three-year-old having a temper tantrum or the sulks to get his own way ? .....

Behaving like a bossy domineering father in order to get his own way ? .....

Expecting you to take care of the house, children, "domestic" chores, etc without any help from him ? .....

Making you responsible for raking care of his feelings ? .....

Is he very dependent on you ? .....

Making you lie/cover for him (eg. to friends, family, debt collectors, police etc) -? .....

Making you take the blame for his mistakes, bad behaviour or criminal activities ? .....

Forcing you to be involved in illegal / criminal activities ? .....

Making all sorts of petty rules and regulations that he forces you to keep (eg. all the saucepans have to be lined up a certain way; this job must be done at a certain time every day etc) -? .....

Insisting that you have to be busy at all times – no time for relaxing, reading, visiting friends etc ? .....

Keeping you so busy that you are always too tired and run down to protest or argue with him ? .....

Abusing you or refuse to allow you to go to bed when you get sick ? .....

Getting angry, silky, or jealous when you need to spend time doing things for the children ? .....



# Manipulation & Control

Not allowing you any privacy & Controlling you through the Children.

## Does he control your life by ...

- Never allowing you to go out without him or someone who will "keep an eye on you" for him ? .....
- Giving you the "third degree" whenever you have been away from him – "Where were you?" "Who were you with" "What were you doing" "How come it took you so long?" etc ? .....
- Ringling you up at work (or wherever) during the day to check on you ? .....
- Getting angry, sulky, nasty and suspicious if you don't answer when he calls or if you are not where he thinks you should be ? .....
- Keeping "tabs" on you by checking around your friends to see where you are, what you are doing etc ? .....
- Getting other people to spy on you for him ? .....
- Not allowing you any time/space to be on your own, with friends or to do your "own things" or even just to be quiet (or he becomes angry, sulky, etc if you do) -? .....
- Watching you all the time – while you do the housework, sleep, shower, go to the toilet, etc ? .....

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## Does he, or has he ever ...

- Criticise the way you care for / discipline the children ? .....
- Undermine your discipline (eg tell them they can have or do something when you've said they can't – or vice versa) -? .....
- Say horrible things about you to the children ? .....
- Encourage the children to be ruse / abusive to you ? .....
- Make you feel bad / guilty for yelling, swearing at or smacking the children ? .....
- Threaten to take the children away / report you to welfare so they'll take the children from you ? .....
- If you are separated, does he make access visits a nightmare for you and / or the children ? .....

