

Self-Assessment of the Use of and Experience of Violence in My Relationship¹

Check the item that best describes the violence and intimidation that occurs in your current or past relationship.

1. ____ I am mostly the aggressor. When she uses violence, it's typically in reaction to mine.
2. ____ She is mostly the aggressor. My use of violence is typically in reaction to hers.
3. ____ She is the aggressor and I rarely or never use violence back.
4. ____ I am the aggressor and she rarely or never uses violence back.
5. ____ My use of violence and intimidation and her use of violence and intimidation are equal in:

Frequency ____ Yes ____ No

Severity ____ Yes ____ No

Harm to each other ____ Yes ____ No

Harm to our children ____ Yes ____ No

6. Who does the following in the relationship?

a) Refuses to let the other one go to school or work certain jobs

Neither of us Mostly me Mostly her

b) Prevents the other one from having friends and close relationships with others

Neither of us Mostly me Mostly her

c) Attempts to turn the children against the other one

Neither of us Mostly me Mostly her

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d) Exerts pressure to have sex when or in a way the other one doesn't want to

Neither of us

Mostly me

Mostly her

e) Uses name calling, yelling, or other means of humiliation in public to put the other one down

Neither of us

Mostly me

Mostly her

f) Acts unpredictably in responding to situations and makes the other person feel like they are walking on eggshells

Neither of us

Mostly me

Mostly her

7. When she uses violence or intimidation, it's usually about

8. When I use violence or intimidation, it's usually about

9. The main way my partner controls me is

10. The main way I control my partner is
