



Self-Assessment of the Use of and Experience of Violence in My Relationship ¹

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 my partner uses violence, it's typically in reaction to mine.
2. ____ My partner is mostly the aggressor. My use of violence is typically in reaction to theirs.
3. ____ My partner is the aggressor and I rarely or never use violence back.
4. ____ I am the aggressor and my partner rarely or never uses violence back.
5. ____ My use of violence and intimidation and my partner's 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

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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 my partner

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

Neither of us Mostly me Mostly my partner

c) Attempts to turn the children against the other one

Neither of us Mostly me Mostly my partner

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

Neither of us Mostly me Mostly my partner

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

Neither of us Mostly me Mostly my partner

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 my partner

7. When my partner 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
