

## **Domestic Violence Assessment**

Are you in a Domestic Violence Situation?

If you suspect that the behavior of your partner is unsatisfactory, it might be worthwhile assessing the level of abuse in your relationship. For each question below, indicate the number from the scale that describes your relationship with your partner.

**3 – Frequently**

**2 – Sometimes**

**1 - Rarely**

**0 – Never**

1. Does your partner monitor your time and make you account for every minute?
2. Does he / she discourage you from starting or maintaining friendships with other people?
3. Is he / she ever critical of things such as your cooking, your clothes or your appearance?
4. Does he / she demand an account of how you spend money?
5. Do his / her moods change radically, from calm to very angry?
6. Is he / she disturbed by your working?
7. Does he / she become angry more easily when he / she drinks?
8. Does he / she pressure you for sex?
9. Does your partner ever strike you? (e.g. slap, punch, kick etc)
10. Does he / she ever strike you with an object?
11. Does he / she ever threaten to hurt you?
12. Has he / she ever threatened to kill you?
13. Does he / she ever leave you with visible injuries such as bruises or cuts?
14. Have you ever had to treat any injuries from his / her violence with first aid?
15. Have you ever had to seek professional assistance for any injuries?

16. Does he / she ever hurt you sexually or make you have intercourse against your will?
17. Is he / she ever violent towards the children or to other family members?
18. Does he / she ever throw objects or break things when he / she is angry either at you or at something or someone else?
19. Have you ever called the police or someone else because you felt that you were in danger?
20. Do you feel fearful in the presence of your partner?

Now add up the scores you gave to each answer.

**TOTAL SCORE:** \_\_\_\_\_

If you have a scored 12 or more, you are in a potentially abusive relationship. The higher your score, the more serious the level of abuse and potential for danger is.