Emotional Abuse Questionnaire

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Circle which answer best applies. Score 1 point for every “never”, 2 points for every “rarely”, 4 points for every “occasionally”, and 5 points for every “very often.” Total these points for your score.
If your score is between 73-94= you are being emotionally abused
If your score is higher than 95= you are being more severely abused than the average battered woman.

My Partner:

1. Tries to catch me at inconsistencies to show that I am lying.
   Never | Rarely | Occasionally | Very Often
2. Tries to convince other people that I am crazy.
   Never | Rarely | Occasionally | Very Often
3. Tells other people that there is something wrong with me.
   Never | Rarely | Occasionally | Very Often
4. Says things that hurt me out of spite.
   Never | Rarely | Occasionally | Very Often
5. Has told me I am sexually unattractive.
   Never | Rarely | Occasionally | Very Often
6. Tells me I am sexually inadequate.
   Never | Rarely | Occasionally | Very Often
7. Insults my religious background and beliefs.
   Never | Rarely | Occasionally | Very Often
8. Insults my ethnic background.
   Never | Rarely | Occasionally | Very Often
9. Insults my family.
   Never | Rarely | Occasionally | Very Often
10. Talks me into doing things that make me feel bad afterwards.
    Never | Rarely | Occasionally | Very Often
11. Tells me no one else would ever want me.
    Never | Rarely | Occasionally | Very Often
12. Humiliates me in front of others.
    Never | Rarely | Occasionally | Very Often
    Never | Rarely | Occasionally | Very Often
15. Questions my sanity.
Never Rarely Occasionally Very Often

16. Tells other people personal information or secret about me.
Never Rarely Occasionally Very Often

17. Verbally attacks my personality.
Never Rarely Occasionally Very Often

18. Has insulted me by telling me that I am incompetent (stupid).
Never Rarely Occasionally Very Often

19. Ridicules me.
Never Rarely Occasionally Very Often

20. Forces me to do things against my will.
Never Rarely Occasionally Very Often

21. Questions whether my love is true.
Never Rarely Occasionally Very Often

22. Compares me unfavorably to other partners.
Never Rarely Occasionally Very Often

23. Intentionally does things to scare me.
Never Rarely Occasionally Very Often

24. Threatens me physically during arguments.
Never Rarely Occasionally Very Often

25. Warns me that if I keep doing something, violence will follow.
Never Rarely Occasionally Very Often

26. Our arguments often escalate out of control.
Never Rarely Occasionally Very Often

27. I’m worried most when my partner is quiet.
Never Rarely Occasionally Very Often

28. Drives recklessly or too fast when he is angry.
Never Rarely Occasionally Very Often

My Score: