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.					
	· Rarely	Occasionally	Very Often		
3. Tells other people that there is something wrong with me.					
Never	r Rarely	Occasionally	Very Often		
4. Says things that hurt me out of spite.					
Never	r Rarely	Occasionally	Very Often		
5. Has told me I am sexually unattractive.					
Never	r Rarely	Occasionally	Very Often		
6. Tells me I am sexually inadequate.					
Never	r Rarely	Occasionally	Very Often		
7. Insults my religious background and beliefs.					
Never	r Rarely	Occasionally	Very Often		
8. Insults my ethnic background.					
Never	r 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	r Rarely	Occasionally	Very Often		
11. Tells me no one else would ever want me.					
Never	r Rarely	Occasionally	Very Often		
12. Humiliates me in front of others.					
Never	r Rarely	Occasionally	Very Often		
13. Makes me do degrading things.					
Never	r 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 m	ie.	-				
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: