

Controlling Relationship Assessment*

Instructions: Please circle the word below that best answers each question. Skip questions that are not applicable.

Assessing Isolation

In general, does your partner try to keep you away from other people?

No Yes

Does your partner *make demands* regarding your:

- | | | | |
|---|-------|-----------|--------------|
| • Leaving the house? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Telephone conversations? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • E-mail? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Social media? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Letters or other mail? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Spending time with other people? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Friendships? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Relationships with your parents,
brother or sister, or other family? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Doing hobbies or activities with
others? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Joining organizations? | NEVER | SOMETIMES | OFTEN/ALWAYS |

List other ways your partner *tries to keep you from contact with other people*:

- _____
- _____
- _____

*Adapted with permission from the authors from Dutton, M. A., Goodman, L., and Schmidt, R. J. (2006). *Development and validation of a coercive control measure for intimate partner violence: Final technical report*. Washington, DC: U.S. Department of Justice.

Personal Activities

In general, does your partner try to control your personal activities?

No Yes

Does your partner *make demands* regarding your:

- | | | | |
|--|-------|-----------|--------------|
| • Sleeping | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Wearing certain clothes? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Using television, radio, or the Internet? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Pursuing hobbies or other interests? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Reading certain things? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Taking care of the house? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Taking care of your appearance (makeup, grooming)? | NEVER | SOMETIMES | OFTEN/ALWAYS |

List other ways your partner *tries to control your personal activities*:

- _____
- _____
- _____

Resources: Education, Work, and Money

In general, does your partner try to control your education, work, or money? No Yes

Does your partner *make demands* regarding your:

- | | | | |
|--|-------|-----------|--------------|
| • Work activities? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Career or job path? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Spending money? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Credit or credit history? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Going to school/learning new skills? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Accessing transportation (car, truck, or money for public transportation)? | NEVER | SOMETIMES | OFTEN/ALWAYS |

List other ways your partner *tries to control your education, work, or money*:

- _____
- _____
- _____

Health and Body

In general, does your partner try to control aspects of your health or body?

No Yes

Does your partner *make demands* regarding your:

- Eating or weight? NEVER SOMETIMES OFTEN/ALWAYS
- Sleeping? NEVER SOMETIMES OFTEN/ALWAYS
- Bathing or using the bathroom? NEVER SOMETIMES OFTEN/ALWAYS

Does your partner *block* you from:

- Taking prescription drugs that you need? NEVER SOMETIMES OFTEN/ALWAYS
- Going for medical care? NEVER SOMETIMES OFTEN/ALWAYS
- Doing exercise? NEVER SOMETIMES OFTEN/ALWAYS

Does your partner *push* you to:

- Use street drugs? NEVER SOMETIMES OFTEN/ALWAYS
- Use prescription drugs for nonmedical reasons? NEVER SOMETIMES OFTEN/ALWAYS
- Drink alcohol or drink more alcohol than you want? NEVER SOMETIMES OFTEN/ALWAYS
- Get tattoos or piercings? NEVER SOMETIMES OFTEN/ALWAYS
- Get breast implants, liposuction, a facelift, or other cosmetic surgery? NEVER SOMETIMES OFTEN/ALWAYS
- Stop seeing a psychotherapist or counselor? NEVER SOMETIMES OFTEN/ALWAYS

List other ways your partner *makes demands regarding your body or health*:

- _____
- _____
- _____

Intimacy

In general, does your partner try to control your intimate relationship?

No Yes

Does your partner *make demands* regarding:

- Having sex? NEVER SOMETIMES OFTEN/ALWAYS
- Avoiding the use of condoms or other birth control? NEVER SOMETIMES OFTEN/ALWAYS
- Doing certain sexual behaviors? NEVER SOMETIMES OFTEN/ALWAYS
- Taking sexual pictures or videos? NEVER SOMETIMES OFTEN/ALWAYS

Does your partner *block* your efforts to:

- Separate or leave the relationship? NEVER SOMETIMES OFTEN/ALWAYS
- Speak about things that matter to you? NEVER SOMETIMES OFTEN/ALWAYS

List other ways your partner *tries to control your intimate relationship*:

- _____
- _____
- _____

Authorities

In general, does your partner try to control your relationship with authorities? No Yes

Does your partner *make demands* regarding:

- Talking to the police or a lawyer? NEVER SOMETIMES OFTEN/ALWAYS
- Talking to a landlord or housing authority? NEVER SOMETIMES OFTEN/ALWAYS

Does your partner fail to help you improve your citizenship status? (Leave blank if not applicable.)

No Yes

Does your partner push you to do things that are against the law (commit crimes)?

No Yes

List other ways your partner *interferes with your relationship with authorities*:

- _____
- _____
- _____

Children

(skip this section if there are no children involved in your relationship)

In general, does your partner try to control your relationship with your children?

No Yes

Does your partner *interfere* with your:

- Taking care of the children? NEVER SOMETIMES OFTEN/ALWAYS
- Setting rules for or disciplining the children? NEVER SOMETIMES OFTEN/ALWAYS
- Making everyday decisions about the children? NEVER SOMETIMES OFTEN/ALWAYS
- Making important decisions about the children? NEVER SOMETIMES OFTEN/ALWAYS
- Talking to child protection authorities? NEVER SOMETIMES OFTEN/ALWAYS

Does your partner:

- Turn your children against you? NEVER SOMETIMES OFTEN/ALWAYS
- Threaten to or call social services to say you are neglecting or abusing the children when you are not? NEVER SOMETIMES OFTEN/ALWAYS

- Threaten to get custody of the children if you try to leave the relationship? NEVER SOMETIMES OFTEN/ALWAYS
- Mistreat the children and blame it on your parenting problems? NEVER SOMETIMES OFTEN/ALWAYS

List other ways your partner *interferes with your relationship with your children*:

- _____
- _____
- _____

Monitoring

In general, does your partner try to find out what you have done and where you have been? No Yes

Does your partner:

- Check, read, or destroy your mail? NEVER SOMETIMES OFTEN/ALWAYS
- Check, read, or block your e-mail? NEVER SOMETIMES OFTEN/ALWAYS
- Keep track of your telephone or cell phone use? NEVER SOMETIMES OFTEN/ALWAYS
- Keep track of your computer use? NEVER SOMETIMES OFTEN/ALWAYS
- Call you on the phone to check on you? NEVER SOMETIMES OFTEN/ALWAYS
- Tell you to carry a cell phone so he (or she) can check on you? NEVER SOMETIMES OFTEN/ALWAYS
- Monitor your online activities? NEVER SOMETIMES OFTEN/ALWAYS
- Check your clothing, purse, or home for signs that you have “done something wrong”? NEVER SOMETIMES OFTEN/ALWAYS
- Check up on you through your receipts, checkbook, or bank statements? NEVER SOMETIMES OFTEN/ALWAYS
- Check the car (odometer, where parked, looking for things)? (Leave blank if not applicable.) NEVER SOMETIMES OFTEN/ALWAYS

- Ask you detailed questions about your activities? NEVER SOMETIMES OFTEN/ALWAYS
- Use an audio or video recorder with you against your will? NEVER SOMETIMES OFTEN/ALWAYS
- Spy on you, follow you, or stalk you? NEVER SOMETIMES OFTEN/ALWAYS
- Ask other people about where you have been or what you have done? NEVER SOMETIMES OFTEN/ALWAYS
- Get other people to keep track of you? NEVER SOMETIMES OFTEN/ALWAYS

List other ways your partner *stalks or monitors you*:

- _____
- _____
- _____

Making You Feel Afraid

In general, does your partner make you feel afraid *to get you to do what he wants*? No Yes

Does your partner *make you feel afraid* by doing any of the following:

- Swearing, name-calling, and insulting? NEVER SOMETIMES OFTEN/ALWAYS
- Getting in your face/standing too close? NEVER SOMETIMES OFTEN/ALWAYS
- Throwing, kicking, or punching things? NEVER SOMETIMES OFTEN/ALWAYS
- Slamming doors or stomping around? NEVER SOMETIMES OFTEN/ALWAYS
- Grabbing or pushing you? NEVER SOMETIMES OFTEN/ALWAYS
- Making you feel trapped in a room or pinned against a wall? NEVER SOMETIMES OFTEN/ALWAYS
- Following you around? NEVER SOMETIMES OFTEN/ALWAYS
- Refusing to speak with you for long periods of time? NEVER SOMETIMES OFTEN/ALWAYS

- Leaving without telling you where he is going or for how long, to alarm you? NEVER SOMETIMES OFTEN/ALWAYS
- Driving fast or recklessly while you or your children are in the car? NEVER SOMETIMES OFTEN/ALWAYS

List other ways your partner *makes you feel afraid as a way to control you*:

- _____
- _____
- _____

Threatening Harm

In this section, please respond in terms of your partner's *threats*. In the next section you can record things he has actually done.

In general, does your partner *threaten you to get you to do what he wants*?

No Yes

To get you to do what he (or she) wants, has your partner *threatened* to:

- Reveal private information about you to others? NEVER SOMETIMES OFTEN/ALWAYS
- Make you look bad in front of others? NEVER SOMETIMES OFTEN/ALWAYS
- Share intimate personal photos of you or information about you electronically? NEVER SOMETIMES OFTEN/ALWAYS
- Keep you from going where you want? NEVER SOMETIMES OFTEN/ALWAYS
- Leave the relationship or get a divorce? NEVER SOMETIMES OFTEN/ALWAYS
- Hurt you financially? NEVER SOMETIMES OFTEN/ALWAYS
- Cause you legal trouble? NEVER SOMETIMES OFTEN/ALWAYS
- Cause you to get in trouble at work or lose your job? NEVER SOMETIMES OFTEN/ALWAYS
- Cause you to lose housing? NEVER SOMETIMES OFTEN/ALWAYS
- Hurt you physically? NEVER SOMETIMES OFTEN/ALWAYS

- | | | | |
|--|-------|-----------|--------------|
| • Have sex with someone else? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Force you to engage in unwanted sex acts? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Damage or destroy something that belongs to you? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Hurt or kill your pet or other animal? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Take your children from you or harm your children? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Kill himself? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Kill you? | NEVER | SOMETIMES | OFTEN/ALWAYS |

List other ways your partner has *threatened you to get you to do what he wants*:

- _____
- _____
- _____

Punishing or Harming You

In general, does your partner punish you or harm you? No Yes

Has your partner done any of the following things *as a punishment*?

- | | | | |
|---|-------|-----------|--------------|
| • Said something mean, embarrassing, or degrading to you? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Revealed private information about you to others? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Kept you from going where you want? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Had sex with someone else? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Left the relationship or stormed out without explanation? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Kept you out of your home? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Hurt you financially? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Caused you legal trouble? | NEVER | SOMETIMES | OFTEN/ALWAYS |

From ***Invisible Chains: Overcoming Coercive Control in Your Intimate Relationship***
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- | | | | |
|--|-------|-----------|--------------|
| • Caused you to get in trouble at work or lose your job? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Caused you to lose housing? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Damaged or destroyed something that belongs to you (on purpose)? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Destroyed property of a friend or family member? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Hurt or killed your pet or other animal? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Kept you from your children or tried to take your children from you? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Made you look bad in front of others? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Attempted suicide or made suicidal gestures? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Physically hurt your friend or family member? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Hurt you physically without leaving a mark? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Injured you physically (leaving a bruise, broken bone, or a sore area that lasted more than an hour, or made you bleed)? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Choked, smothered, or tried to strangle you? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Hurt you during sex or forced you to engage in unwanted sex acts? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Caused you to fear for your life? | NEVER | SOMETIMES | OFTEN/ALWAYS |
| • Tried to kill you? | NEVER | SOMETIMES | OFTEN/ALWAYS |

List other ways your partner has *punished or harmed you*:

- _____
- _____
- _____