

IS MY PARTNER ABUSIVE CHECKLIST

Isolation: I am separated from others

- My partner monitors my movements, use of internet/phone
- My partner becomes jealous without cause
- My partner makes me account for my time
- My partner makes it difficult for me to become or stay employed
- My use of a vehicle is unreasonably restricted
- My partner controls or monitors my contact with family or friends
- My access to medical care is controlled
- My partner withholds affection to punish me
- My partner tries to turn others against me
- My partner doesn't allow me to join clubs or groups

Privilege: I am treated as less than equal

- My partner treats me like a servant or child.
- My partner doesn't allow my input into decisions.
- My partner says; "You are nothing," or "You can't make it on your own."
- My partner makes me do things I'm not comfortable with.
- My partner downplays or ignores my accomplishments.
- My partner says things to erode my self-confidence

Economic Abuse: I don't have a say in finances

- My partner controls all the money and makes me account for every cent.
- My partner blames me for our financial problems
- My partner makes me ask for basic needs
- My partner does not allow my input on financial decisions.
- My partner must give permission before money is spent
- My partner overspends or gambles

Sexual Abuse: Sex is not a mutually agreed act

- My partner uses sex or withholds sex as punishment
- My partner pressures or forces me to have sex or do unwanted sexual acts
- My partner flirts with others or has affairs to humiliate me
- My partner treats me like a sex object
- My partner inflicts pain during sex
- My partner misuses contraception purposefully
- My partner compares me negatively to other sexual encounters

Psychological Abuse: Mental stress

- My partner threatens to turn people against me
- My partner threatens to leave the relationship
- My partner threatens to take away our children
- My partner threatens to harm me and/or others if I leave
- My partner threatens to commit me to an institution
- My partner threatens to withdraw sponsorship
- My partner fakes/exaggerates illness or hurts him/herself to gain attention and control
- My partner drives irresponsibly/illegally to frighten me

Anger and Intimidation

- My partner has sudden mood changes
- My partner gives me the silent treatment or gets “that look”
- My partner shouts, yells or pounds on things when angry
- My partner hits, throws or kicks things
- My partner stomps out of the house/room or slams doors
- My partner makes, or threatens to make, false complaints to the authorities and others about me

Immigrant/Cultural Abuse

- My partner threatens to cancel my sponsorship/have me deported
- My partner lies about my current status
- My partner provides false information about immigration laws/process
- My partner uses religion and cultural practices to threaten or isolate me from accessing supports
- My partner undermines me because of my race, religion or country of origin
- My partner makes false allegations to immigration officials
- My partner threatens/tries to remove my children from Canada
- My partner makes threats about penalties in my country of origin
- My partner uses or glorifies patriarchal cultural practices
- My partner refuses to acknowledge divorce because of religion

Physical Abuse

- My partner throws things at me
- My partner pushes, grabs or shoves me
- My partner pulls my hair, twists my limbs
- My partner pins me to wall, the floor or furnishings
- My partner chokes/strangles me
- My partner kicks, hits, punches, pinches or pokes me
- My partner strikes/threatens to injure me with an object/weapon
- My partner tries to run me down with a vehicle
- My partner has physically and/or sexually abused the children
- My partner tortures or has killed a pet
- My partner deprives me of sleep or food
- My partner adds laxatives or purgatives to my food
- My partner denies me access to the bathroom

Emotional Abuse

- My partner belittles me or puts down my appearance
- My partner implies I am “stupid”
- My partner calls me names and swears at me
- My partner says I am crazy and irrational
- My partner falsely accuses me of having an affair
- My partner ridicules me in front of family and friends
- My partner shows no concern for the children’s needs
- My partner gets angry when the children cry or need something
- My partner goes through my personal things
- The children’s friends are frightened so they no longer visit
- My partner destroys my things
- My partner demands obedience from me like I'm a servant
- My partner makes major decisions without my input
- My partner treats me like I'm inferior
- My partner tells me that I can't cope without him/her/them
- My partner is coercing (forcing) me into marriage through threats or force

NOTES: _____
