

Abusive Relationship Self-Assessment

There are almost eight million instances of intimate partner violence (IPV) a year in the U.S. It is estimated that each year more than two million people, 1.5 million women and 834,732 men, are victims of IPV.

Tjaden & Thoennes (2000) Extent, Nature, and Consequences of Intimate Partner Violence

Both men and women of all ages can experience abusive relationships. If you are in an abusive relationship your EAP counselor can help you learn about counseling, treatment and prevention, local resources for victims of abuse, and creating a safety plan. Call for help, you are not alone.

Please read each statement carefully. Answer “Yes” if the statement applies to you.

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| 1. I become quiet when my partner is around and feel afraid of making him/her angry. | Yes | No |
| 2. My partner calls me names and/or continually criticizes me. | Yes | No |
| 3. I have stopped seeing friends or family because my partner doesn't like me to spend time with others. | Yes | No |
| 4. My partner controls the finances and doesn't want me to work. | Yes | No |
| 5. My partner has punished me by withholding affection. | Yes | No |
| 6. My partner has slapped, bitten, or choked me. | Yes | No |
| 7. Sometimes my partner puts me down in front of others. | Yes | No |
| 8. My partner makes me feel guilty when I don't let him/her have his/her way. | Yes | No |
| 9. I have been forced or manipulated into having sex or performing sexual acts by my partner. | Yes | No |
| 10. Have been frightened that my partner might hurt me. | Yes | No |

Scoring your self assessment

Total Score _____

Yes = 1
No = 0

Score:

- 0 Your score indicates that your relationship is not abusive. If you develop any signs of emotional, physical, or sexual abuse or you are concerned about becoming involved in an abusive relationship please contact your EAP.
- 1-5 Your relationship has shown signs of potential abuse. Most abusive relationships begin with minor violations and work up to major physical, emotional, or sexual violations. Call your EAP to schedule an appointment to speak with a counselor before these problems become worse.
- 6-10 Your relationship has significant signs of physical, emotional, or sexual abuse. You don't have to suffer alone. There is help available and people who care about you. Contact us at 800-327-5071.

Helpful Links:

[National Coalition Against Domestic Violence](#)

[Safety Planning from WomensLaw.org](#)

[National Youth Violence Prevention Resource Center](#)

Recommended Reading:

Jacobson, Neal S. & Gottman, John M. (1998) [When Men Batter Women: New Insights Into Ending Abusive Relationships](#). Simon & Schuster

Levy, Barrie. (1998) [In Love and In Danger: A Teens Guide to Breaking free of Abusive Relationships](#). Seal Press

Evans, Patricia. (1996). [The Verbally Abusive Relationship: How to Recognize It and How to Respond](#). Adams Media Corporation

**For Confidential Assistance
800-327-5071
Or contact us online**