



Tools to Build African & CaLD Men as Leaders in the Prevention of Domestic Violence Project

Self-assessment: Abuse Evaluation Form for Men

Directions: Tick the words or phrases that you have experienced in your relationship with your girlfriend, wife or partner as a perpetrator, even if it happened only once.

Be honest with yourself – your answers will not be shared with anyone else

Physical Abuse

The misuse of size, strength, threats or presence to control or hurt someone.

- Pushing
- Shoving
- Backhanding
- Biting
- Strangling
- Punching
- Burning
- Hair pulling
- Smothering
- Grabbing
- Kicking
- Twisting arms
- Tearing clothes
- Clenching fist as if to hit
- Stab or cut with knife
- Standing or sitting on her
- Smacking repeatedly or a single slap leaving a mark
- Banging her head or pinning her against a wall or the floor
- Holding or carrying against her will
- Trying to hit with a car or pushing out of a car
- Driving recklessly in order to scare her
- Throwing objects
- Breaking furniture or other things
- Sweeping objects off a table or dresser
- Breaking windshield or windows
- Intentionally breaking personal items
- Punching or kicking a wall or door
- Blocking a doorway so she can't leave
- Standing behind car so she can't drive away
- Taking keys so she can't drive away

- Detaching or disabling a phone to prevent a call
- Locking her in or out of the house, in a closet or other confined space
- Abusing or killing a pet or threatening to do so

Verbal/Emotional Abuse

The misuse of words or voice to control or hurt another person

- Consistently yelling
- Name calling
- Blackmail
- Threatening to abuse her
- Threatening to divorce her or report her to welfare
- Threatening to kill her or commit suicide
- Threatening to hurt kids or to take them away or keep them from her and her family
- Accusing her of being unfaithful
- Having affairs yourself or threatening to
- Checking up on her, following or stalking her
- Controlling who she sees, talks to and when
- Controlling, what she reads or watches on TV and when
- Making her drop legitimate charges
- Limiting outside involvement
- Questioning the paternity of a child
- Insults/put downs of herself or her friends
- Humiliating her
- Laughing at or making fun of her
- Criticizing her appearance
- Preventing her from attending for education or work
- Manipulating her
- Lying to her
- Discounting her or minimising her concerns
- Saying she caused your abusive behaviour
- Using jealousy to justify your abusive actions
- Using withdrawal and/or silence
- Threatening to use, displaying or brandishing weapons
- Coercing her to do something illegal
- Making her feel guilty about her mothering, her mistakes, her housekeeping, etc.
- Making her feel afraid
- Intimidating her with looks, actions, or gestures
- Playing mind games
- Denying that the abuse happened
- Treating her like a servant
- Being the only one to define your roles in the relationship – who does what and when

Spiritual Abuse (a form of Emotional Abuse)

The misuse and misapplication of religious values or teachings to control or hurt another person.

- Control-oriented leadership, in effect lording it over her
- Demanding her to be submissive with unquestioning loyalty and obedience
- Not allowing her to question you or your decisions

- Using guilt, fear, intimidation
- Using verses from religious texts to control her
- Using religion or religious texts to justify your behaviour
- Not allowing her to practice her religion
- Ridiculing her religious or spiritual beliefs
- Forcing her to practice your religion

Financial Abuse

The misuse of knowledge, position and power to control the family finances or to take advantage of your partner financially.

- Restricting her access to family funds
- Detailed tracking of her use of money
- Making her ask you for money
- Grilling her for information about her activities and use of money
- Taking her money, check book, credit or bankcards
- Wasting family money on drugs or alcohol
- Refusing to let her keep a job or to let her work
- Asset fraud
- Lying about how much money you have or do not have
- Not letting her know about family income
- Giving her an inadequate allowance
- Gambling with the family funds

Sexual Abuse

A sexual act committed against someone without that person freely giving consent, including your partner.

Luring, tricking, trapping, coercing or bribing anyone with less maturity or power into a sexual experience.

- Sexually stimulating anyone who is disempowered by age, size, handicap or situation. This stimulation could be physical, verbal, or visual including discussing or describing or watching sex, or fondling
- Derogatory name-calling e.g. calling her a 'slut' or a 'whore'
- Deliberately causing unwanted physical pain during sex
- Deliberately passing on sexual diseases or infections
- Using objects, toys, or other items without her consent that cause pain
- Pornography used in any form
- Forcing participation in acting out fantasies or scenes from pornography
- Insisting on her watching pornography
- Refusing to use condoms or to allow her to use other forms of birth control
- Forcing an abortion
- Forcing sex, even within marriage
- Forcing sex with others
- Forcing oral or anal sex
- Indecent exposure
- Repeatedly withholding sex within marriage
- Pouting if reasonably declined sex
- Hitting her while pregnant
- Rape (including in marriage)
- Incest