

RELATIONSHIP LETHALITY CHECKLIST

This questionnaire is designed to help you decide if you are living in an abusive situation. There are different forms of abuse, and not every person experiences all of them. Below are various questions about your relationship. As you can see, each possible answer has points assigned to it. By answering each question, and then totaling these points as directed, you can compare your score with the abuse index. You will know if you are living in a potentially violent situation; and if abuse is occurring, you will have an estimate of how lethal the abuse is.

Directions: Please number your response to each question according to the chart below. Be honest, this checklist is for you.

Frequently - 3
Sometimes - 2

Rarely - 1
Never - 0

1. Does your partner continually monitor your time and make you account for every minute (when you run errands, visit with friends, commute to work, etc.)? _____
2. Does your partner ever accuse you of having affairs? _____
3. Is your partner ever rude to your friends? _____
4. Does your partner ever discourage you from starting friendships? _____
5. Do you ever feel isolated and alone, as if there is no one close to you to confide in? _____
6. Is your partner overly critical of daily things, such as your cooking, your clothes, your housework, or your appearance? _____
7. Does your partner demand a strict amount of how you spend money? _____
8. Do you quarrel much over financial matters? _____
9. Does your partner's mood change radically, from very calm to very angry, or vice versa? _____
10. Is your partner disturbed by you working or by the thought of you working or attending school? _____
11. Does your partner become angry more easily if he/she drinks or uses drugs? _____
12. Does your partner pressure you for sex more often than you are comfortable with or when you are ill? _____
13. Does your partner become angry if you don't want to go along with his requests for sex? _____
14. Do you argue about having children or how to raise them? _____

Number the response to each question that best describes your relationship.

Frequently - 6
Sometimes - 5

Rarely - 4
Never - 0

15. Has your partner ever struck you with his/her hands or feet (slap, punch, kick, etc.)? _____
16. Has your partner ever threatened you with an object or weapon? _____
17. Has your partner ever struck you with an object? _____
18. Has your partner ever threatened to kill you, your kids, or himself/herself? _____
19. Has your partner ever given you visible injuries (such as welts, bruises, cuts, lumps, etc.)? _____
20. Has your partner ever caused you injuries because of violence at home? _____
21. Have you ever had to seek professional aid for injury at a medical clinic, doctor's office, or emergency room? _____

22. Has your partner ever hurt you sexually by forcing you to have intercourse or perform acts against your will? _____
23. Is your partner ever violent toward children? _____
24. Is your partner ever violent toward people outside your family and home? _____
25. Does your partner ever throw objects or break things when angry? _____
26. Has your partner ever been in trouble with the police? _____
27. Have you ever called the police, or tried to call them, because you felt you or other members of your family were in danger? _____
28. Has someone outside your home ever called the police regarding your family's safety? _____
29. Has your partner ever humiliated you in public, or in front of friends and family? _____
30. Does your partner make you feel as if you are crazy? _____
31. Does your partner make you feel dirty or that there is something wrong with you? _____
32. Do you need your partner's approval to make decisions? _____
33. Do you lie to protect your relationship? _____
34. Does your partner make you feel unimportant? _____
35. Does your partner's presence intimidate you? _____
36. Does your partner belittle you for initiating sex? _____

Simply add up the point values that you have answered. This sum is your score. Compare the score you have received to the chart below.

150 - 112 = Lethal Situation
72 - 34 = Moderately Abusive

111 - 73 = Dangerously Abusive
33 - 0 = Non-Abusive

A person with a score of 0 - 33 lives in a non-abusive relationship. These kinds of strains are not usual in modern homes, and you and your partner deal with them nonviolently.

A person with a score of 34 -72 lives in a home where violence has been experienced, at least once in a while. In a new relationship, when your partner is on their "best behavior", you need to take this as a serious warning sign. If this is how your partner is "well behaved", then what are the possibilities for "bad behavior"? If this is a relationship you have been in for many years, your partner's actions are far from acceptable, although they may not cause you physical, you may not be in a life threatening situation, yet. A person who is in a moderately abusive situation should seek counseling.

A person with a score of 73 - 111 lives in a dangerously abuse situation. This situation can easily, and for no apparent reason become lethal. In a dangerously abusive situation, serious injuries are quite probable, if they have not already occurred. Most of this abuse occurs in the form of assault. Pure and simple, a person in this situation should seek counseling and go into a safe shelter.

A person with a score of 112 - 150 is in a potentially lethal environment! The violence will not go away or magically disappear. Chances are the life of you and your children are in jeopardy most of the time. At this time it is advisable that you make the decision to get out. Get away from the situation as soon as possible.

For more information or assistance, please contact:

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