

Are You in an Emotionally Destructive Marriage?

1. My spouse calls me names, such as *stupid* or *worthless*, or uses sexually degrading terms.

Often	Sometimes	Seldom	Never
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2. My spouse mocks and belittles me.

Often	Sometimes	Seldom	Never
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3. My spouse tells me no one else would ever want me as a partner.

Often	Sometimes	Seldom	Never
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4. My spouse pressures me to do things I do not want to do.

Often	Sometimes	Seldom	Never
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5. My spouse threatens to leave me and take the children.

Often	Sometimes	Seldom	Never
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6. My spouse uses the Bible to criticize me or to get me to do something he wants me to do.

Often	Sometimes	Seldom	Never
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7. My spouse tells me who I may have as friends.

Often	Sometimes	Seldom	Never
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8. My spouse dictates how often I can see/talk with my family of origin.

Often	Sometimes	Seldom	Never
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9. My spouse undermines me with our children.

Often	Sometimes	Seldom	Never
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10. My spouse speaks poorly about me to our children.

Often	Sometimes	Seldom	Never
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11. My spouse speaks poorly about me to others (his family, friends, neighbors, church people).

Often	Sometimes	Seldom	Never
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12. I don't feel free to challenge my husband or disagree with him.

Often	Sometimes	Seldom	Never
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13. If I don't agree with my husband or do what he wants, I have a price to pay.

Often	Sometimes	Seldom	Never
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14. My spouse breaks things around the house when he's angry or upset.

Often	Sometimes	Seldom	Never
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15. My spouse screams and curses at me.

Often	Sometimes	Seldom	Never
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16. When I tell my husband my deepest feelings, he laughs at me, ignores me, or uses them against me.

Often	Sometimes	Seldom	Never
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17. My spouse disregards my needs.

Often	Sometimes	Seldom	Never
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18. My spouse tells me I can't live without him.

Often	Sometimes	Seldom	Never
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19. My spouse badgers me until I give in to his demands.

Often	Sometimes	Seldom	Never
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20. My spouse calls or texts me frequently wanting to know where I am, what I am doing, and who I am with.

Often	Sometimes	Seldom	Never
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21. My spouse monitors my e-mails, social-media, and Internet use.

Often	Sometimes	Seldom	Never
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22. My spouse accuses me of things I did not do.

Often	Sometimes	Seldom	Never
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23. My spouse demands my attention when I'm busy with something or someone else.

Often	Sometimes	Seldom	Never
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24. My spouse does not like it when I get positive attention or affirmation from other people – friends, family, church, work.

Often	Sometimes	Seldom	Never
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25. My spouse tells me I cannot tell anyone what happens between us.

Often	Sometimes	Seldom	Never
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26. My spouse uses sarcasm and ridicule to get me to stop talking or to change my mind about something.

Often	Sometimes	Seldom	Never
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27. My spouse refuses to listen to my point of view.

Often	Sometimes	Seldom	Never
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28. My spouse blows up when I ask questions about why he did something.

Often	Sometimes	Seldom	Never
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29. My spouse physically restrains me to keep me from leaving a volatile situation.

Often	Sometimes	Seldom	Never
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30. My spouse has threatened to harm me.

Often	Sometimes	Seldom	Never
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31. My spouse uses physical force to get me to do something he wants me to do or to stop doing something he doesn't want me to do.

Often	Sometimes	Seldom	Never
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32. My spouse has injured me.

Often	Sometimes	Seldom	Never
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33. My spouse threatens to harm things that are important to me (children, pets, reputation, and property.)

Often	Sometimes	Seldom	Never
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34. My spouse uses physical force to coerce me sexually.

Often	Sometimes	Seldom	Never
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35. My spouse withdraws from me if I don't do what he wants.

Often	Sometimes	Seldom	Never
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36. My spouse refuses to respond when I ask him questions.

Often	Sometimes	Seldom	Never
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37. My spouse changes the subject when I try to bring up something that's bothering me.

Often	Sometimes	Seldom	Never
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38. My spouse ignores me for long periods of time.

Often	Sometimes	Seldom	Never
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39. My spouse refuses to engage or participate in everyday family life.

Often	Sometimes	Seldom	Never
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40. My spouse plays mind games with me.

Often	Sometimes	Seldom	Never
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41. My spouse tells me that he's the one who is being mistreated by me.

Often	Sometimes	Seldom	Never
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42. My spouse says the problems in our marriage are all my fault.

Often	Sometimes	Seldom	Never
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43. My spouse acts one way in public and another way at home.

Often	Sometimes	Seldom	Never
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44. There is a double standard around what's acceptable behavior. He gives himself more leeway than he gives me.

Often	Sometimes	Seldom	Never
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45. My spouse refuses to tell me how much money he earns.

Often	Sometimes	Seldom	Never
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46. I have no voice regarding how our finances are saved or spent.

Often	Sometimes	Seldom	Never
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47. I have no idea what my husband does with our money even though I've asked.

Often	Sometimes	Seldom	Never
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48. My spouse tells me things that I know are not true.

Often	Sometimes	Seldom	Never
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49. My spouse omits information that keeps me from knowing the whole story about something.

Often	Sometimes	Seldom	Never
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50. My spouse lies to other people (children, work colleagues, friends, church, family, IRS, police, etc.).

Often	Sometimes	Seldom	Never
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51. I feel crazy in my marriage.

Often	Sometimes	Seldom	Never
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52. I feel trapped in my marriage.

Often	Sometimes	Seldom	Never
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53. I don't feel I can be myself in my marriage.

Often	Sometimes	Seldom	Never
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54. I feel like a child in my marriage.

Often	Sometimes	Seldom	Never
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55. I feel like his mother in my marriage.

Often	Sometimes	Seldom	Never
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56. I feel tense around my spouse.

Often	Sometimes	Seldom	Never
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57. I feel angry around my spouse.

Often	Sometimes	Seldom	Never
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58. I feel afraid of my spouse.

Often	Sometimes	Seldom	Never
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59. My children are afraid of my spouse.

Often	Sometimes	Seldom	Never
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60. I feel physically ill around my spouse.

Often	Sometimes	Seldom	Never
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61. I am using medications, excess food, and/or alcohol to cope with my marriage.

Often	Sometimes	Seldom	Never
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