

Appendix 1: Checklist of Controlling Behaviors.

Instructions: For each of the statements below, please circle in the number that best explains the abusive behavior that you or your partner may have experienced within the relationship that has brought you here today.

Physical Abuse	Never	Rarely	Occasionally	Frequently	Very Frequently
1.Threw something at her.....	--1--	--2--	--3--	--4--	--5--
2.Pushed or grabbed her.....	--1--	--2--	--3--	--4--	--5--
3.Pulled her hair.....	--1--	--2--	--3--	--4--	--5--
4.Choked her.....	--1--	--2--	--3--	--4--	--5--
5.Pinned her to the wall, floor, bed.....	--1--	--2--	--3--	--4--	--5--
6.Hit, kicked, or punched her.....	--1--	--2--	--3--	--4--	--5--
7.Hit or tried to hit her with something.....	--1--	--2--	--3--	--4--	--5--
8.Threatened her with a knife, gun, or other weapon.....	--1--	--2--	--3--	--4--	--5--
9.Spit at her.....	--1--	--2--	--3--	--4--	--5--
10. Tried to block her from leaving.....	--1--	--2--	--3--	--4--	--5--
Sexual Abuse	Never	Rarely	Occasionally	Frequently	Very Frequently
1. Physically forced her to have sexual intercourse.....	--1--	--2--	--3--	--4--	--5--
2. Pressured her to have sex when she said no.....	--1--	--2--	--3--	--4--	--5--
3. Pressured or forced her into other unwanted sexual acts (oral, anal, etc.).....	--1--	--2--	--3--	--4--	--5--
4. Treated her like a sex object.....	--1--	--2--	--3--	--4--	--5--
5. Inflicted pain on her during sex.....	--1--	--2--	--3--	--4--	--5--
6. Pressured her to have sex after a fight.....	--1--	--2--	--3--	--4--	--5--
7. Was insensitive to her sexual needs.....	--1--	--2--	--3--	--4--	--5--
8. Made jokes about parts of her body.....	--1--	--2--	--3--	--4--	--5--
9. Blamed her because others found her attractive.....	--1--	--2--	--3--	--4--	--5--
Emotional Abuse	Never	Rarely	Occasionally	Frequently	Very Frequently
1.Insulted her in front of others.....	--1--	--2--	--3--	--4--	--5--
2.Put down her sexual attractiveness.....	--1--	--2--	--3--	--4--	--5--
3.Made out she was stupid.....	--1--	--2--	--3--	--4--	--5--
4.Criticized her care of children or home.....	--1--	--2--	--3--	--4--	--5--
5.Swore at her.....	--1--	--2--	--3--	--4--	--5--
6.Told her she was crazy.....	--1--	--2--	--3--	--4--	--5--
7.Told her she was irrational.....	--1--	--2--	--3--	--4--	--5--
8.Blamed her for my problems.....	--1--	--2--	--3--	--4--	--5--
9.Made untrue accusations.....	--1--	--2--	--3--	--4--	--5--

Appendix 1: Checklist of Controlling Behaviors (Page Two)

Economic Abuse	Never	Rarely	Occasionally	Frequently	Very Frequently
1. Did not allow her equal access to the family money.....	--1--	--2--	--3--	--4--	--5--
2. Told her or acted as if it was “my money, my house, my car, etc.”.....	--1--	--2--	--3--	--4--	--5--
3. Threatened to withhold money from her.....	--1--	--2--	--3--	--4--	--5--
4. Made her ask for money for the basic necessities.....	--1--	--2--	--3--	--4--	--5--
5. Used her fear of not having access to money to control her behavior.....	--1--	--2--	--3--	--4--	--5--
6. Made her account for the money she spent.....	--1--	--2--	--3--	--4--	--5--
7. Tried to keep her dependent on me for money.....	--1--	--2--	--3--	--4--	--5--
Intimidation	Never	Rarely	Occasionally	Frequently	Very Frequently
1. Moved toward her when I was angry.....	--1--	--2--	--3--	--4--	--5--
2. Pounded my fists on table.....	--1--	--2--	--3--	--4--	--5--
3. Hit the wall.....	--1--	--2--	--3--	--4--	--5--
4. Smashed or broke something.....	--1--	--2--	--3--	--4--	--5--
5. Threw or kicked something.....	--1--	--2--	--3--	--4--	--5--
6. Used angry facial gestures.....	--1--	--2--	--3--	--4--	--5--
7. Drove angrily or recklessly.....	--1--	--2--	--3--	--4--	--5--
Threats	Never	Rarely	Occasionally	Frequently	Very Frequently
Threats to:					
1. Hit or kill her.....	--1--	--2--	--3--	--4--	--5--
2. Turns others against her.....	--1--	--2--	--3--	--4--	--5--
3. Take the children away.....	--1--	--2--	--3--	--4--	--5--
4. Made sure she didn't have money.....	--1--	--2--	--3--	--4--	--5--
5. Show up unexpectedly or to always be watching her.....	--1--	--2--	--3--	--4--	--5--
6. Come after her if she left.....	--1--	--2--	--3--	--4--	--5--
7. Have her committed.....	--1--	--2--	--3--	--4--	--5--
Minimizing / Denying	Never	Rarely	Occasionally	Frequently	Very Frequently
1. Denied that I had abused her.....	--1--	--2--	--3--	--4--	--5--
2. Told her she was lying about being abused.....	--1--	--2--	--3--	--4--	--5--
3. Insisted that what I did was not so bad.....	--1--	--2--	--3--	--4--	--5--
4. Told her to forget about what I did and leave it in the past.....	--1--	--2--	--3--	--4--	--5--
5. Told her that abuse was a normal part of relationships.....	--1--	--2--	--3--	--4--	--5--
6. Told her I couldn't remember hurting her.....	--1--	--2--	--3--	--4--	--5--
7. Told her she hurt herself when she fell.....	--1--	--2--	--3--	--4--	--5--

Appendix 1: Checklist of Controlling Behaviors (Page Three)

Blaming	Never	Rarely	Occasionally	Frequently	Very Frequently
Blamed her for my abusive behavior by saying:					
1.It was her fault.....	--1--	--2--	--3--	--4--	--5--
2.She deserved it.....	--1--	--2--	--3--	--4--	--5--
3.I had to teach her a lesson.....	--1--	--2--	--3--	--4--	--5--
4.She provoked me.....	--1--	--2--	--3--	--4--	--5--
5.It “takes two to tango”.....	--1--	--2--	--3--	--4--	--5--
6.She hurt me first.....	--1--	--2--	--3--	--4--	--5--
7.She asked/dared me to hit her.....	--1--	--2--	--3--	--4--	--5--
Isolation	Never	Rarely	Occasionally	Frequently	Very Frequently
1.Told her she couldn’t do something.....	--1--	--2--	--3--	--4--	--5--
2.Forbade or stopped her from seeing someone...	--1--	--2--	--3--	--4--	--5--
3.Monitored her time or made her account for where she was.....	--1--	--2--	--3--	--4--	--5--
4.Restricted her use of the car.....	--1--	--2--	--3--	--4--	--5--
5.Restricted her use of the telephone.....	--1--	--2--	--3--	--4--	--5--
6.Listened to her telephone conversations.....	--1--	--2--	--3--	--4--	--5--
7.Pressured her to stop contacting her family or friends.....	--1--	--2--	--3--	--4--	--5--
8.Made it difficult for her to get a job or pursue a vocation.....	--1--	--2--	--3--	--4--	--5--
9. Kept her from getting medical attention.....	--1--	--2--	--3--	--4--	--5--
10. Tried to turn people against her.....	--1--	--2--	--3--	--4--	--5--
Male Privilege	Never	Rarely	Occasionally	Frequently	Very Frequently
1.Demanded obedience.....	--1--	--2--	--3--	--4--	--5--
2.Treated her like a servant.....	--1--	--2--	--3--	--4--	--5--
3.Treated her like an inferior.....	--1--	--2--	--3--	--4--	--5--
4.Expected her to meet my sexual needs regardless of her needs.....	--1--	--2--	--3--	--4--	--5--
5.Treated her like she was helpless or incapable	--1--	--2--	--3--	--4--	--5--
6.Told her she couldn’t get along without me.....	--1--	--2--	--3--	--4--	--5--
7.Had or demanded the final say in decisions.....	--1--	--2--	--3--	--4--	--5--
8.Did not allow her to do the things that I thought I had a right to do because I am a man.....	--1--	--2--	--3--	--4--	--5--
9.Treated her like a servant.....	--1--	--2--	--3--	--4--	--5--

<Thank you for completing this form>

CCB Scoring Chart

To score the CCB, calculate score for each subscale and compare with the chart below.

	Reported Score	Never	Rarely	Occasionally	Frequently	Very Frequently
Physical Abuse Scale		10	11-20	21-30	31-40	41-50
Sexual Abuse Scale		9	10-18	19-27	28-36	37-45
Emotional Abuse Scale		9	10-18	19-27	28-36	37-45
Economic Abuse		7	8-14	15-21	22-28	29-35
Intimidation		7	8-14	15-21	22-28	29-35
Threats		7	8-14	15-21	22-28	29-35
Minimizing & Denying		8	9-16	17-24	25-32	33-40
Blaming		7	8-14	15-21	22-28	29-35
Isolation		11	12-22	23-33	34-44	45-55
Male Privilege		8	9-16	17-24	25-32	33-40
CCB Sum		84	85-168	169-252	253-336	337-420

Modified with permission of the authors