

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.

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

## Appendix 1: Checklist of Controlling Behaviors (Page Two)

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

## Appendix 1: Checklist of Controlling Behaviors (Page Three)

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

&lt;Thank you for completing this form&gt;

## Appendix 2: CCB Scoring Sheet

**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