

Threats to Life or Safety

- ☐ Has anyone ever verbally threatened to harm you?
- ☐ Has anyone ever implied that they would harm you?
- ☐ Has anyone ever attempted to hurt you (e.g. throw things at you, punch near you, chase you, etc)
- ☐ Has anyone ever threatened to, or actually destroyed your property as a means of retaliation or control?
- ☐ Has anyone ever forcebabbly held you down, or taken things away from you (e.g. your care keys, phone, etc), as a means to take control over you?
- ☐ Has anyone ever intentionally physically harmed you?
- ☐ Has anyone ever made any threats, attempts, or engaged to hurt someone you love, including a pet?
- ☐ Has anyone ever threatened to kill themselves to force you to comply with what they wanted (e.g. "If you leave me, I will kill myself")?
- ☐ Have you ever experienced stalking, including cyber-stalking?
- ☐ Have you ever experienced an event where you worried for the safety or life of someone you love?
- ☐ Has anyone you loved ever died suddenly, painfully, or violently?
- ☐ Has anyone you ever loved died by suicide or homicide?

Emotional and Psychological Abuse

- ☐ Has anyone in your life ever intentionally and knowingly said things that cause you harm or distress?
- ☐ Has anyone in your life ever made you question your own reality, perspective, or point of view, in a way that makes you feel like you no longer can trust your own judgement?
- ☐ Have you ever felt like someone in your life was gaslighting you?
- ☐ Has anyone in your life ever belittled or mocked you in a routine manner?
- ☐ Has anyone in your life ever threatened to blackmail you if you did not comply with their wishes?
- ☐ Has anyone in your life ever been highly critical, to the point where you often feel embarrassed or ashamed by their feedback?
- ☐ Has anyone in your life ever made you question your self-worth?
- ☐ Has anyone in your life ever shamed you or gotten mad at you for taking care of your own needs (e.g. calling you selfish for doing something for yourself)?
- ☐ Have you ever felt rejected or abandoned by your support system when you truly needed them?
- ☐ Has a romantic partner ever intentionally ignored you or emotionally neglected you as a form of punishment?

Childhood Adversity

Environmental & Physical

- ☐ Did you ever experience or witness violence growing up?
- ☐ Were your parents ever so intoxicated that they were unable to care for you or your siblings?
- ☐ Did you ever worry about your family's finances as a child?
- ☐ As a child, were you ever embarrassed by your home's lack of cleanliness?
- ☐ Did you ever worry if there would be enough food for your family as a child?
- ☐ Did you ever worry about your housing as a child?
- ☐ Were you ever physically punished in a way that others would consider excessive?

Childhood Adversity

Relational & Emotional

- ☐ Did you ever experience bullying as a child or teen?
- ☐ Did another person expose you to pornography before the age of 14?
- ☐ Did you experience any kind of sexual touch before the age of 14 ?

(this excludes sexual play, which occurs between two similarly aged children, who both want to engage in the play, and their play reflects a level of sexual knowledge appropriate for a child)

- ☐ Did you have any form of sexual contact with anyone 5+ years older than you before the age of 25?
- ☐ Did you ever experience times where your emotional needs were ignored, not met, or minimized?
- ☐ Were you ever chastised for having emotional needs?
- ☐ Did you have a parent or caregiver who was easily agitated and quick to anger?
- ☐ Did you have a parent or caregiver who was highly critical of you?
- ☐ Did you have a parent or caregiver who would easily lose control of their emotions?
- ☐ Did you feel like you had to manage the emotions of the adults around you so that they didn't get upset?

Medical or Pregnancy- Related Trauma

- ☐ Have you ever lost decision making control over your health or body during a medical event (e.g. traumatic childbirth, traumatic medical procedure, etc)?
- ☐ Have you ever felt coerced, pressured, or manipulated to have a healthcare procedure (including an abortion) that you did not want?
- ☐ Have you ever experienced a childbirth where you feared for your life or your baby's life?
- ☐ Has anyone ever impregnated you (or made attempts to impregnate you) without your consent or desire?
- ☐ Have you ever experienced a miscarriage or pregnancy loss?
- ☐ Have you ever experienced a medical procedure that may have had an undue amount of pain associated with it?
- ☐ Have you ever experienced an abortion where you did not feel you had control over your body, decisions, or health care?
- ☐ Have you ever left a medical exam feeling violated or exposed?
- ☐ Has any medical provider performed an internal exam without your consent?

Social Annihilation and/or Occupational Harm

- ☐ Has anyone ever made threats, attempts, or taken action to destroy your relationships with others so that you would be isolated?
- ☐ Has anyone ever made threats, attempts, or taken action to destroy your reputation so that you would be less credible or liked?
- ☐ Has anyone ever made threats, attempts, or taken action to leak nude images of you without your consent?
- ☐ Has anyone ever made threats, attempts, or taken action to harm you professionally as a form of personal revenge or control over you?
- ☐ Has anyone ever made threats, attempts, or taken action to undermine your ability to work if you did not comply with their personal requests (e.g. threatening to take a green card away from you, fire you, etc)?
- ☐ Have you experienced career bullying?
- ☐ Has a partner ever tried to dictate or control who you socialize with?

Financial Abuse

- ☐ Has anyone in your life ever used finances to control your decision making in a way that did not align with your wants or values?
- ☐ Has anyone ever intentionally misused your finances (or shared finances) without your consent?
- ☐ Has anyone ever controlled your finances, giving you limited access or decision making over finances?
- ☐ Has anyone ever hid money or spending from you?
- ☐ Has anyone ever given you money as a means to then have decision making power over aspects of your life?
- ☐ Has a person ever restricted you from your own finances so that you could not access them, which then limited your ability to make personal decisions?
- ☐ Has anyone ever given you money under conditions where they then have high control over your life, decisions, or spending?

Violations of Trust

- ☐ Have you ever experienced blackmail?
- ☐ Have you ever been in a relationship marked by patterns of lying, manipulation, and deceit?
- ☐ Have you ever been in a relationship where your partner has stolen from you?
- ☐ Have you ever felt betrayed by a partner (e.g. history of cheating, substance use, etc)?
- ☐ Have you ever felt rejected or abandoned by a partner at a time when their support was essential?
- ☐ Have you ever found out a partner was living a double life? (e.g. had a family elsewhere)
- ☐ Has anyone intentionally violated your expressed boundaries in a manner that indicates they don't have regard for your boundaries?

Sexual Coercion, Violation or Harm

sexual acts is any behavior that has a sexual nature

- ☐ Have you ever experienced unwanted sexual contact?
- ☐ Have you ever felt like you had to continue with sexual acts despite sexual pain, so as not to upset your partner?
- ☐ Has anyone in your life ever talked you into engaging in sexual acts that you did not want to do (e.g. having sex).
- ☐ Have you ever felt pressured to have sex without birth control, despite your desire for birth control to be utilized?
- ☐ Have you ever had sex with a partner who did not follow through with agreed on birth control methods (e.g. took a condom off without your agreement, did not pull-out on time, etc)?
- ☐ Have you ever engaged in sexual acts when you were too intoxicated to recall the details of it?
- ☐ Have you ever engaged in sexual acts when you were too intoxicated to drive?
- ☐ Have you ever engaged in sexual acts where you did not provide consent?
- ☐ Have you ever been physically forced to engage in sexual acts?

Sexual Coercion, Violation or Harm

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continued

- ☐ Have you ever been threatened with violence to engage in sexual acts?
- ☐ Has a partner ever had sexual contact with you while you were asleep?
- ☐ Have you ever felt like you had to comply with sexual acts so as not to upset your partner?
- ☐ Has anyone ever continued to engage in sex acts with you even after you declined or withdrew consent?
- ☐ Have you ever been engaged in a sexual act where you did not feel like saying "No" was an option available to you (e.g. in an age-gap, with an employer, etc)
- ☐ Has anyone ever engaged in sexual acts with you where they did not obtain consent? (Consent is an "enthusiastic yes")
- ☐ Has anyone ever engaged in sexual acts with you despite you not providing consent? (Consent is an "enthusiastic yes")
- ☐ Has a partner ever known they had an STI and exposed you infection without telling you of the risk?

Disclosure Harm

- ☐ Were there people in your life who knew about the abuse but minimized its severity?
- ☐ Were there people in your life who did not believe you about your abuse?
- ☐ Were there people in your life who questioned your motives for telling your story?
- ☐ Were there people in your life who blamed you in part or whole for what happened?
- ☐ Were there adults in your life who were aware of the abuse and did not take action to protect you?
- ☐ Are there people in your life who know about the abuse but have decided to maintain a relationship with your abuser despite knowing what happened to you?