

Emotionally Destructive Marriage Questionnaire

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

Often Sometimes Seldom Never

2. My spouse mocks and belittles me.

Often Sometimes Seldom Never

3. My spouse tells me no one else would ever want me as a partner.

Often Sometimes Seldom Never

4. My spouse pressures me to do things I do not want to do.

Often Sometimes Seldom Never

5. My spouse threatens to leave me and take the children.

Often Sometimes Seldom Never

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

7. My spouse tells me who I may have as friends.

Often Sometimes Seldom Never

8. My spouse dictates how often I can see/talk with my family of origin.

Often Sometimes Seldom Never

9. My spouse undermines me with our children.

Often Sometimes Seldom Never

10. My spouse speaks poorly about me to our children.

Often Sometimes Seldom Never

11. My spouse speaks poorly about me to others (his family, friends, neighbors, church people).

Often Sometimes Seldom Never

12. I don't feel free to challenge my spouse or disagree.

Often Sometimes Seldom Never

13. If I don't agree with my husband or do what he wants, I have a price to pay.

Often Sometimes Seldom Never

14. My spouse breaks things around the house when he's angry or upset.

Often Sometimes Seldom Never

15. My spouse screams and curses at me.

Often Sometimes Seldom Never

16. When I tell my husband my deepest feelings, he laughs at me, ignores me, or uses them against me.

Often Sometimes Seldom Never

17. My spouse disregards my needs.

Often Sometimes Seldom Never

18. My spouse tells me I can't live without him.

Often Sometimes Seldom Never

19. My spouse badgers me until I give in to his demands.

Often Sometimes Seldom Never

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

21. My spouse monitors my emails, social-media, and Internet use.

Often Sometimes Seldom Never

22. My spouse accuses me of things I did not do.

Often Sometimes Seldom Never

23. My spouse demands my attention when I'm busy with something or someone else.

Often Sometimes Seldom Never

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

25. My spouse tells me I cannot tell anyone what happens between us.

Often Sometimes Seldom Never

26. My spouse uses sarcasm and ridicule to get me to stop talking or to change my mind about something.

Often Sometimes Seldom Never

27. My spouse refuses to listen to my point of view.

Often Sometimes Seldom Never

28. My spouse blows up when I ask questions about why he did something.

Often Sometimes Seldom Never

29. My spouse physically restrains me to keep me from leaving a volatile situation.

Often Sometimes Seldom Never

30. My spouse has threatened to harm me.

Often Sometimes Seldom Never

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

32. My spouse has injured me.

Often Sometimes Seldom Never

33. My spouse threatens to harm things that are important to me (children, pets, reputation, and property.)

Often Sometimes Seldom Never

34. My spouse uses physical force to coerce me sexually.

Often Sometimes Seldom Never

35. My spouse withdraws from me if I don't do what he wants.

Often Sometimes Seldom Never

36. My spouse refuses to respond when I ask him questions.

Often Sometimes Seldom Never

37. My spouse changes the subject when I try to bring up something that's bothering me.

Often Sometimes Seldom Never

38. My spouse ignores me for long periods of time.

Often Sometimes Seldom Never

39. My spouse refuses to engage or participate in everyday family life.

Often Sometimes Seldom Never

40. My spouse plays mind games with me.

Often Sometimes Seldom Never

41. My spouse tells me that he's the one who is being mistreated by me.

Often Sometimes Seldom Never

42. My spouse says the problems in our marriage are all my fault.

Often Sometimes Seldom Never

43. My spouse acts one way in public and another way at home.

Often Sometimes Seldom Never

44. There is a double standard around what's acceptable behavior. He gives himself more leeway than he gives me.

Often Sometimes Seldom Never

45. My spouse refuses to tell me how much money he earns.

Often Sometimes Seldom Never

46. I have no voice regarding how our finances are saved or spent.

Often Sometimes Seldom Never

47. I have no idea what my husband does with our money even though I've asked.

Often Sometimes Seldom Never

48. My spouse tells me things that I know are not true.

Often Sometimes Seldom Never

49. My spouse omits information that keeps me from knowing the whole story about something.

Often Sometimes Seldom Never

50. My spouse lies to other people (children, work colleagues, friends, church, family, IRS, police, etc.)

Often Sometimes Seldom Never

51. I feel crazy in my marriage.

Often Sometimes Seldom Never

52. I feel trapped in my marriage.

Often Sometimes Seldom Never

53. I don't feel I can be myself in my marriage.

Often Sometimes Seldom Never

54. I feel like a child in my marriage.

Often Sometimes Seldom Never

55. I feel like his mother in my marriage.

Often Sometimes Seldom Never

56. I feel tense around my spouse.

Often Sometimes Seldom Never

57. I feel angry around my spouse.

Often Sometimes Seldom Never

58. I feel afraid of my spouse.

Often Sometimes Seldom Never

59. My children are afraid of my spouse.

Often Sometimes Seldom Never

60. I feel physically ill around my spouse.

Often Sometimes Seldom Never

61. I am using medications, excess food, and/or alcohol to cope with my marriage.

Often Sometimes Seldom Never