



Inner
Sanctuary
Online

Intimate Partner Abuse Screen®



Dr. Jeanne King, PhD.

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Developed by Dr. Jeanne King, PhD.

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In a comfortable and safe place, read each question to yourself and pause. Notice what you feel in your body. All the answers are there. Insights will emerge as you explore this inquiry.

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1.	I am oppressed in the company of my partner.	Yes	No
2.	When I am with my partner, it feels like I'm walking on eggshells.	Yes	No
3.	I am aware that when I say "no" it sounds like "maybe."	Yes	No
4.	The compromises I make in my relationship are done to keep a lid on my partner.	Yes	No
5.	I can't seem to fully please my partner, though I keep trying.	Yes	No
6.	I am manipulated by my partner.	Yes	No
7.	I am violated in my relationship, and it hurts.	Yes	No
8.	When I point out my partner's behavior as it relates to my being upset, he/she tells me my perception/s are incorrect and/or my feelings are invalid, or due to a deficiency in me.	Yes	No
9.	I keep hoping my partner will change if only I do "X," or if "X" changes in his/her life.	Yes	No
10.	My relationship feels like a roller-coaster ride with varying bumps of love and violation.	Yes	No
11.	My partner is jealous over people and things that bring me pleasure outside of him/her.	Yes	No
12.	My partner threatens to abandon me when things are not going his/her way.	Yes	No
13.	My partner and I rushed into our commitment with one another quickly.	Yes	No
14.	My partner is possessive of my time and my attention.	Yes	No
15.	I am losing touch with parts of my life that were once a source of pride and/or pleasure.	Yes	No
16.	When I work a personal pleasure into my day, I do so secretly and feel an undertone of uneasiness and/or guilt.	Yes	No

17.	I'm becoming conditioned to view myself as an object—one full of shortcomings.	Yes	No
18	My partner is overly controlling of our lives, our plans, our routine, our activities, our finances and/or our social circle.	Yes	No
19.	My partner has unrealistic expectations of me.	Yes	No
20.	My partner wants what he/she wants when he/she wants it.	Yes	No
21.	My partner hears my “no” as a “maybe,” which becomes his/her challenge to convert it into a “yes.”	Yes	No
22.	My partner shows the appearance of well-being while he/she is violating me.	Yes	No
23.	My partner interferes with and/or undermines my contact with my friends or family members that he/she does not control.	Yes	No
24.	I am often unaware of what triggers my partner’s anger.	Yes	No
25.	My partner exhibits a Dr. Jekyll/Mr. Hyde personality.	Yes	No
26.	My partner blames me for his/her problems, feelings and his/her actions.	Yes	No
27.	My partner calls me names, demeans and belittles me, and puts me down.	Yes	No
28.	My partner appears happy in the face of my being compromised.	Yes	No
29.	My partner has used physical force with me: pushing, restraining, hair-pulling, slapping, hitting, punching, kicking or other.	Yes	No
30.	My partner fails to show authentic remorse following a violent (physical or verbal) altercation toward me.	Yes	No
31.	My partner has threatened to use a weapon to hurt me.	Yes	No
32.	My partner justifies his/her hurting me by telling me that I deserve it or caused him/her to do it.	Yes	No
33.	My partner isolates me from all other sources of support: financial, emotional, social and/or psychological.	Yes	No
34.	My partner works hard to create a relationship atmosphere of dominance and dependency.	Yes	No

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