

## VIOLENCE-O-METER

<i>TYPE OF VIOLENCE</i>		<i>FREQUENCY OF OCCURRENCE</i>			<i>CATEGORY</i>	
<b>1</b>	Humiliates or ridicules you	Never	Almost never	Sometimes	Almost always	<b>ALERT</b>
<b>2</b>	Blames you	Never	Almost never	Sometimes	Almost always	
<b>3</b>	Intimidates you	Never	Almost never	Sometimes	Almost always	
<b>4</b>	Belittle your opinions	Never	Almost never	Sometimes	Almost always	
<b>5</b>	Lies or cheats	Never	Almost never	Sometimes	Almost always	
<b>6</b>	Is jealous	Never	Almost never	Sometimes	Almost always	
<b>7</b>	Overrides your decisions	Never	Almost never	Sometimes	Almost always	
<b>8</b>	Tells you how to dress or use makeup	Never	Almost never	Sometimes	Almost always	
<b>9</b>	Breaks things	Never	Almost never	Sometimes	Almost always	
<b>10</b>	Controls or prohibits friendships, money, social media, etc.	Never	Almost never	Sometimes	Almost always	
<b>12</b>	Prohibits contraceptives	Never	Almost never	Sometimes	Almost always	<b>REACT</b>
<b>13</b>	Manages or controls your money, assets, or documents	Never	Almost never	Sometimes	Almost always	
<b>14</b>	Gropes (= touching someone for sexual pleasure) you without your approval	Never	Almost never	Sometimes	Almost always	
<b>15</b>	Verbally offends or insults you	Never	Almost never	Sometimes	Almost always	
<b>16</b>	Treats you with disrespect	Never	Almost never	Sometimes	Almost always	
<b>17</b>	Pushes or scratches you	Never	Almost never	Sometimes	Almost always	
<b>19</b>	Locks you up or isolates you from relatives	Never	Almost never	Sometimes	Almost always	<b>URGENT</b>
<b>20</b>	Threatens you with objects or weapons	Never	Almost never	Sometimes	Almost always	
<b>21</b>	Hits or physically assaults you	Never	Almost never	Sometimes	Almost always	
<b>22</b>	Forces you to have sex against your will (rape)	Never	Almost never	Sometimes	Almost always	
<b>23</b>	Makes death threats against you	Never	Almost never	Sometimes	Almost always	