

INTIMATE PARTNER ABUSE ASSESSMENT TOOL

Client Name:

Date Completed:

Instructions: Please read each statement and place an 'X' in the column to the right to indicate how much the statement applied to you, your partner, or your relationship **over the past month**. There are no right or wrong answers.

<i>In the past month, how much did this apply to your partner and your relationship:</i>	Did not apply at all 0	Applied a little bit or sometimes 1	Applied to me often or most of the time 2
1. History Your partner: - had a history of IPA or criminal charges - had family problems or very few friends - was guarded about their relationship history	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
2. Charm Your partner: - was charming, persistent, confident, fun, or exciting - told you that you were unique or different to others - was very experienced, mature, or had access to resources - talked you into staying when you wanted to breakup	☐ ☐ ☐ ☐	☐ ☐ ☐ ☐	☐ ☐ ☐ ☐
3. Speed - The relationship was fast moving or felt like a whirlwind - Your partner made early declarations of love or swept you off your feet - Your partner demanded commitment very quickly	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
4. Fear Your partner: - created fear, displayed strength, or intimidated you - called or messaged you frequently - threatened: harm to you or others (incl animals), to end the relationship, take the kids, stop financially assisting you, or share videos of you with others	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
5. Decisions Your partner: - requested you wear particular clothing - controlled your finances or your decisions - stopped you doing things you wanted to do, dismissed your ideas, or made you do things you didn't agree with	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
6. Isolation Your partner: - accused you of cheating or flirting - limited your time with your family or friends - discouraged your connection with other people of your partner's gender	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
7. Lacks Empathy Your partner: - was thoughtless, unkind, or demanding - didn't listen to you or refused to help you - acted in ways that seemed unethical or immoral	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐

	0	1	2
8. Criticism Your partner: - caused you to doubt yourself or reduced your confidence - criticised you frequently either directly or indirectly - was disrespectful towards you or those you care about	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
9. Intimacy Your partner: - pressured you to be intimate when you were not ready or had not consented - coerced you to participate in sexual acts that conflicted with your personal values or boundaries - pressured you to not use birth control or to get pregnant when you were not ready	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
10.Accountability Your partner: - was not accountable for their actions - apologised then blamed others soon after - justified their bad behaviour with excuses or acted like nothing happened - made me think I was at fault or 'crazy' - demonstrated entitlement	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐
11.Gendered Beliefs Your partner: - expected you to follow strict traditional gendered roles - held anger or resentment towards women - made negative comments about women	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
12.Promises Your partner: - made promises about your future together - demonstrated their trustworthiness and security - suggested opportunities you could pursue together	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
13.Manipulation Your partner: - lied about small things for no obvious reason - gaslit you by saying things that contradicted one another or by saying one thing and doing another - punished you by withdrawing their time and attention - was wonderful in front of others and then mean when alone with you	☐ ☐ ☐ ☐	☐ ☐ ☐ ☐	☐ ☐ ☐ ☐
14.Aggression and Violence Your partner: - was very angry or violent towards others (incl animals) - had fiery arguments with you - became more angry when using alcohol - reacted angrily or aggressively very quickly - behaved as if they had no conscience or remorse	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐

<i>In the past month, how much did this apply to you and your relationship:</i>	Did not apply at all 0	Applied a little bit or sometimes 1	Applied to me often or most of the time 2
15. Internal compromise - I acted out of character or behaved in ways that did not fit with my values - I felt weird or strange about something in my relationship but I went along with it anyway - I was not allowed to do what I wanted - I was not happy with my relationship - I felt my personality was being chipped away - I internally compromised my own gut feeling	☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐
16. Vulnerability - I felt self-doubt or confusion - My partner did not help when I asked - I was dependent on drugs or alcohol - I was not able to not raise my concerns with my partner - I was abused or disrespected because I was a woman	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐
17. Immersed - I thought I could change my partner for the better - I thought my partner and I were meant for each other - I tried to shut out the bad things in the relationship - I did not want to believe others when they told me that my partner behaved badly - I took responsibility for my partner's actions or thought it was my fault - I thought I could protect my partner or be their saviour	☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐
18. Experience - I had no other option but to be in this relationship - I felt isolated or wanted to escape something else in my own life prior to the relationship - I ventured outside my comfort zone to be in the relationship - I felt dependent on my partner - My own history made it harder for me to see my partner's bad behaviour	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐

ADMIN Scoring: Each of the 18 items are scored from 0-2 and are summed on completion. Scores of 8 and over indicate that there are signs of abuse in the relationship that would benefit from a more detailed review with the practitioner. Scores of 15 and over indicate a high likelihood of marked abuse in the relationship and require a comprehensive discussion with the practitioner to identify potential risk assessment processes and strategies for safety planning.