

PATH™: Patterns of Abuse & Toxic Harm

Liza Young, LPC-S, CCPS

Name: _____

Date: _____

- ☐ Married Length of Time: _____
- ☐ Dating Length of Time: _____
- ☐ Engaged Length of Time: _____

Mark all that apply over the course of your relationship, even if it was just once.

Section 1 – Psychological/Emotional

- ☐ They blame me for most things.
- ☐ They bring up my past trauma/hurt to use against me.
- ☐ They make me feel like I'm crazy by saying something I said happened didn't happen.
- ☐ They make me feel crazy by making things up.
- ☐ They are very defensive.
- ☐ They give me the silent treatment.
- ☐ They emotionally withdraw or don't seem present.
- ☐ They accuse me of cheating.
- ☐ They are always the victim; it's always someone else's fault.
- ☐ They accuse me of being controlling or abusive.
- ☐ They accuse me of being paranoid if I question something they have done.
- ☐ They call me a "narcissist".
- ☐ They make me feel crazy.
- ☐ They undermine any progress I have in job, school, and life.
- ☐ They appear displeased often.
- ☐ They twist my words.
- ☐ They use contemptuous facial expressions like eye-rolling or smirking.

- Things they do or say feels manipulative.
- They invalidate my feelings and experiences.
- They blame past relationships on the “crazy ex.”
- They have a disrespectful attitude toward women.
- There is often a double standard. Ex: I have to show them my phone, but I don’t have access to their phone.
- They play “dumb” to avoid blame or avoid doing things I ask them to do.
- They try to pit me against others.
- They make me feel guilty.
- They blame alcohol, drugs, mental health, or past trauma on their behavior.
- They turn things around and blame me.
- They avoid accountability by denying or minimizing things.
- They contradict themselves and/or lie.
- They are usually defensive.
- They are hypocritical.
- They avoid accountability by blaming me.
- They apologize but continue to do the same thing.
- They do not hear my needs or take them seriously.
- They never apologize.
- They promise to get help, go to therapy, go to church, change but either only go a few times or not at all.
- They promise hopeful future plans but don’t deliver.
- They are not supportive of my dreams or interests.
- They try to, or have successfully, sabotage my goals or plans.
- They try to, or have successfully, sabotage important dates, events, or holidays.
- They are often jealous.
- They sulk or pout and it feels like punishment.
- They will stop talking to me for days, sometimes weeks when they are upset.
- They don’t seem to care when I’m sick.
- They seem frustrated to take care of me if I’m sick.

Section 2 – Verbal

- They put me down and insult me, making me feel bad about myself.
- They call me names.
- They curse at me.
- They are critical of me; my appearance, what I wear, my accomplishments, etc.
- They demean or belittle me and my accomplishments.
- They criticize my parenting.
- They make harsh “jokes” and say, “I was just joking” or “You can’t take a joke.”
- They humiliate me.
- They tell me no one likes me.
- They are often sarcastic.
- They are often condescending.
- They discredit my perspective.
- They compare me to others in a negative way.
- They are harsh with the children at times.
- They speak badly of me in front of the children.
- They put down my family and friends.
- They have spread lies about me.

Section 3 – Financial

- They prevent me from getting a job.
- They make me ask for money or take my money.
- They don’t let me know about income and/or have access to the bank account.
- They spend money carelessly, and/or put us in debt, ruins our credit.
- They make me work and doesn’t get or keep a job.
- I suspect they are hiding money.
- They don’t seem to be able to keep a job.

Section 4 – Spiritual

- They manipulate scripture to make me do things sexually.
- They manipulate scripture to make me “submit” or do other things.

- They become involved in church, possibly on staff or leadership position to maintain a good image.
- They tell me what God is saying to coerce me to do something.
- They make me feel like a bad spiritual person.
- They ridicule my spiritual practices.
- They say I'm not spiritual enough.

Section 5 – Male Privilege

- They make me do all the housework and hardly, if at all, helps around the house.
- They make excuses for not carrying their weight around the house.
- They make me do all the childcare and hardly helps with the kids.
- They make all the decisions or make me feel like I am unable to make decisions.
- They seem controlling. I have to check with them first.
- They don't give me access to their passwords.
- Their demands for emotional support, caretaking or sexual attention are out of proportion to what they contribute.

Section 6 – Isolation

- They have to have a say in who I see and where I go.
- They limit (or try to) my outside involvement.
- They use jealousy to justify me not going places or talking to others.
- They keep me from (or try to) seeing friends and family.
- They coerced me to have a lot of children and stay at home with them.
- They are always on the computer/iPad/game/phone.
- They pout or complain if I do something without them making it to where I stop going out.
- They make it difficult to maintain other relationships.
- They call or text constantly when I'm out without them.

Section 7 – Sexual

- They coerce me to have sex or do something sexually that I don't want to do.
- They seem to want sex too much.

- They seem to never want sex.
- They accuse me of cheating if I don't want sex.
- They keep me awake at night until they get sex.
- They hold me down during sex without my permission.
- They have choked me during sex.
- They ignore my feelings about sex.
- They make me watch porn or try things I am uncomfortable with.
- They have sex with me when I don't want to.
- They try to convince me that I wanted the unwanted sexual behavior.
- They don't want me taking birth control or using other forms such as condoms.
- They accuse me of cheating.
- They have had or are having an affair.
- They watch porn.
- They withhold sex and/or affection from me when they are upset.
- They hide their phone from me or get defensive if I ask to see it.

Section 8 - Intimidation

- They make me feel afraid by using looks, actions, or gestures.
- They have waved their arms around when upset.
- They slam the door or kick/punch/throw things when upset.
- They tower over me, get too close or get in my face.
- They have destroyed property.
- They are unkind to the pet(s) or have kicked/hurt the pet(s).
- They have displayed a weapon(s) to intimidate me.
- They walk towards me in an intimidating way.
- They harass me with constant texts or calls when I'm not with them.
- They retaliate against me if I do something they don't like.

Section 9 – Threats

- They threaten to hurt me.
- They threaten they will hurt themselves or me if I leave.
- They threaten to hurt my family.

- They threaten to take the kids from me or not let me see/have the kids if I leave.
- They threaten to take the money if I leave.
- They threaten they will “ruin me”.

Section 10 – Physical

- They have blocked doorways to prevent me from leaving a room or the house.
- They have tried to or have taken my keys or phone.
- They have locked me or trapped me inside or outside of a room/closet/house.
- They have choked me.
- They have raised a hand/fist as if they were about to hit/slap me.
- They have slapped/hit/shoved/poked/pushed/kicked/punch/pinched me.
- They have grabbed me or thrown me.
- They have thrown things at me or near me.
- They have been physical with the children.
- They have made me drop charges.
- I have called the police on them before.
- They have followed me or tracked me.
- They make me use life 360.
- They want to know where I am and what I am doing all the time.
- They are possessive of me.
- They have recorded me.
- They have not let me out of the car.
- They have driven recklessly or erratically with me/kids in the car.
- They have held me down or grabbed me.
- They use drugs.
- They drink alcohol, too much in my opinion.
- They have tried to get me to use drugs or drink more than I wanted.
- They coerce me to have sex with them or do something sexually.
- They hold me down during sex without my permission.
- They have choked me during sex.
- They have prevented me from comforting my child/ren.
- They have not been, but I believe they can be violent towards me one day.

Section 11 – Narcissistic Traits

- They help strangers or other people before helping me.
- They are an expert on everything.
- They are always the victim; it's always someone else's fault.
- They want all the attention.
- Sometimes I think they like to fight/argue.
- They seek validation and admiration often.
- They seem entitled to whatever they want.
- They can be arrogant.
- They can't take criticism of any kind.
- They always have to win.
- They seem to be overcompensating for insecurity.
- They don't seem to be able to have empathy.
- They feel they are important, special or unique above others.
- They at times take advantage of other's for their own need.
- Their public image is prioritized over how they treat me.

Section 12 – How it feels to be in this relationship

- Sometimes I feel like I have to walk on eggshells around them.
- I try to quickly sense what kind of mood they are in.
- It's not bad all the time, and that confuses me.
- I have to filter myself, so I won't upset them.
- I feel more like their mother than their partner.
- I feel like I am a buffer between them and the kids.
- I monitor their moods and needs.
- I often ask, "are you ok?"
- I feel like I'm "too much" for them.
- I don't feel prioritized by them.
- I feel like it's easier to just give in.
- I leave arguments or conversations feeling like I have been messed with.
- I feel like I have to pretend I am not hurting.

- I feel like their needs and desires always come first.
- I am afraid to talk to them about anything important.
- I feel like I have to constantly prove myself.
- I sometimes sense that they are hiding something.
- I have caught them lying to me.
- When they are around, I feel unsettled or fearful.
- When they are around, I feel like I need to behave differently.
- I'm not sexually attracted to them anymore and/or it's hard to orgasm with them or enjoy sex with them.
- I feel like they do things to intentionally hurt me or put me down.
- They get angry or impatient with me over little things.
- I often find myself trying to anticipate their needs.
- I feel like they are disconnected during sex.
- I mentally rehearse the things I want to say to them.
- I'm hyper aware of their mood change.
- I feel responsible for making them feel better.
- I feel like I need to keep issues affecting our relationship a secret.
- I feel like I need to protect their image and reputation.
- It feels like they must always "win."
- Other people see them differently than I do.
- I make excuses to myself and others for their behavior.
- If something goes wrong in their life or someone doesn't like them, it is almost always someone else's fault.
- If I tell them they hurt my feelings, they tell me I'm being too sensitive.
- I'm not allowed to need anything.
- Everything seems like an attack on them.
- I feel like I have to have just the right words and say them at just the right time to not get a negative reaction from them.
- They like to be in control (of schedules, finances, decisions, appearances, etc.)
- I've noticed I have changed myself hoping it would change them.
- I have had children or wanted to, hoping it will make things better.
- I feel they undermine my parenting or overrule me.
- I feel like I need to explain myself, lengthy emails/text messages.

- I feel like I need to show them proof or I record conversations, so I have proof of what they say or do so I don't seem crazy.
- I doubt myself often.
- I deny my own needs and wants.
- I find myself thinking of the good memories to justify the relationship.
- I feel stuck and helpless.
- I feel like I'm always apologizing just to keep the peace.
- I'm exhausted.
- I feel like I'm losing my mind, going crazy.
- I feel like I can't do anything right.
- I feel preoccupied and distracted with this relationship.
- I feel degraded by him at times.
- I'm too embarrassed to talk to others about our relationship.
- I don't trust my own judgment, I second guess myself often.
- I feel used after sex.
- I feel afraid of them at times.
- I don't feel safe.
- I feel intimidated by them at times.
- I feel like I've lost my identity, I don't know who I am anymore.
- I'm not around my family or friends as much.
- His apologies feel insincere.
- His apologies feel sincere, but he doesn't stop the negative behavior for good.
- I find it hard to describe their behavior.
- There are times I don't want to go home.

Any additional information that you would like me to be aware of:

Thank you for completing this evaluation. I know it wasn't easy as I'm sure it brought up many painful experiences.

If you checked any of the circles above it is possible that you are experiencing abuse in your relationship.

If you checked ANY from section 7, 8, 9 or 10 please download the Safety Plan and Danger Assessment from my website www.lizayoungcounseling.com/domesticabuse. Call 911 at any time if you feel unsafe.

Living in a relationship marked by manipulation, gaslighting, or emotional control can leave you questioning your reality, your worth, and your next step.

As a licensed therapist specializing in relational abuse, betrayal trauma and narcissistic abuse recovery, I help clients untangle these confusing dynamics and reclaim their sense of self. You don't have to stay stuck in the cycle and you don't have to heal alone.

Whether you stay, leave, or are still deciding, I'm here to help you make the choice that's right for you.

If you are in the Mississippi area and would like to schedule a session please email me at liza@lizayoungcounseling.com.

You are worthy of a safe, peaceful, and loving relationship. You are not alone.

Sincerely,
Liza Young, LPC-S, CCPS

Liza Young created PATH™: Patterns of Abuse & Toxic Harm from a combination of the Domestic Abuse Intervention Project's Power and Control Wheel research along with years of experience specializing in helping women heal from domestic abuse, betrayal, and narcissism.