

## Questionnaire

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. The Cycle of Abuse includes:
  - a. Talking, listening, using silence
  - b. Honeymoon Stage, Tension Stage, Explosion and it repeats
  - c. Mental, Emotional, Physical
  
2. The Cycle of Abuse can be stopped by:
  - a. Ending the relationship
  - b. Intervention by RCMP
  - c. Counselling which leads to positive behavioral change
  - d. All of the above
  
3. List 3 types of abuse:  
\_\_\_\_\_
  
4. Children are not affected by family violence.    True    False
  
5. The majority of sexual assault victims know their abuser prior to the assault.    True    False
  
6. If you begin arguing with your partner when you are feeling **Hungry, Angry, Lonely or Tired** the best thing to do is:
  - a. Convince the other person to see your point of view
  - b. Deny you did anything wrong, even if you did
  - c. Bring up mistakes made by the other person in the past
  - d. Take a Time-Out
  
7. Your partner arrives home at 4am and has not answered your calls or text messages all night. It would be most appropriate to:
  - a. Go to bed so you won't have to deal with it
  - b. Calmly ask where he/she has been and actively listen to the response
  - c. Punch a hole through the wall to show your anger
  - d. Threaten to hurt her/him because he/she deserves it
  
8. It is not abuse if there are no physical injuries.    True    False
  
9. Two ways you can manage stress are:

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10. Listening is an important part of communication because...

1 \_\_\_\_\_

2 \_\_\_\_\_

11. The 5 stages of grief are:

- a. Physical, Mental, Emotional, Financial, Spiritual
- b. Denial, Anger, Bargaining, Depression, Sadness
- c. Crying, Drinking Alcohol, Using Drugs, Death by Suicide

12. All people go through the stages of grief at the same rate.      True    False

13. Sadness can only be shown by crying.    True    False

14. Circle 4 fair behaviors that help resolve conflict.

- |                        |  |
|------------------------|--|
| Intimidate             | Use "I" statements to own your thoughts and feelings |
| Compromise             | Give your partner the silent treatment               |
| Bring up the past      | Admit when you are wrong                             |
| Name call              | Focus on winning the argument                        |
| Focus on issue at hand | Changing the subject                                 |

15. Substance abuse does not cause violence. Violence is a choice.      True    False

16. There is no way to get anger under control.      True    False

17. Self-esteem is:

- a. The value we place on others
- b. The value we place on our own worth
- c. The value other people place on us

18. Men are strong, powerful, aggressive, selfish, have no emotions. Women are weak, submissive, cannot control emotions, homemakers, sex objects. These are:

- a. True
- b. Respectful Beliefs
- c. Toxic Beliefs

19. Draw a line from each statement to the correct category.

Healthy Boundaries

- Trusts no one or everyone
- Stays focused on individual growth
- Falls in love with anyone who reaches out
- Reveals details of self over time
- Respects self
- Tells all
- Giving as much as you can for the sake of giving
- Noticing when someone else displays unhealthy

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Unhealthy Boundaries

**Entry/Exit Questionnaire Score Sheet**

Name \_\_\_\_\_

Question	Highest Possible Points	Score at Entry	Score at Exit
(1) b	1		
(2) d	1		
(3) Physical, Emotional/Verbal, Sexual, Financial, Using children, Isolation, Extreme jealousy, etc.	3		
(4) F	1		
(5) T	1		
(6) d	1		
(7) b	1		
(8) F	1		
(9) Exercise, meditate, talk to someone, eat healthy, take a time-out, deep breathes, etc.	2		
(10) It shows respect for the other person. It is an effective communication skill.	2		
(11) b	1		
(12) F	1		
(13) F	1		
(14) Compromise, Use "I" Statements, Admit when wrong, Focus on the issue at hand	4		
(15) T	1		
(16) F	1		
(17) b	1		
(18) c	1		

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<p>(19) <u>Healthy</u>: Stays focused on individual growth, Reveals details of self over time, Respects self, Noticing when someone else displays unhealthy boundaries.</p> <p><u>Unhealthy</u>: Trusts no one or everyone, Falls in love with anyone who reaches out, Tells all, Giving as much as you can for the sake of giving.</p>	8		
	<b>Total 33</b>		

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