

APPENDIX

Power and Control Scale (PCS)

Instructions: How often did you experience the following actions during your romantic relationship with the most conflict?

1. My partner accuses me of lying or making things up about them
2. My partner acts like “master of the house”
3. My partner bit me without my consent.
4. My partner blames me for the way they act
5. My partner calls me rude/mean names
6. My partner can look at me a certain way to stop me from what I am doing/saying
7. My partner commands me to do things
8. My partner constantly text/calls/checks up on me when I am not with them
9. My partner doesn't take me seriously when I tell them “no”
10. My partner criticizes my race, ethnicity, gender, and/or culture
11. My partner criticizes me for reasons other than my race, ethnicity, gender, and/or culture
12. My partner damages my credit ratings
13. My partner defines what “boys” and “girls” roles should be
14. My partner denies hurting me when I tell them they have
15. My partner does not take my concerns about our relationship seriously
16. My partner does or says things that I cannot do or say without consequences (double standards)
17. My partner drives recklessly when I am a passenger
18. My partner expects me to put their wants, feelings, and needs above my own
19. My partner expects perfection from me

20. My partner follows me places when I don't want them to
21. My partner forces me to go places against my will
22. My partner gets me drunk or drugs me to lower my sexual inhibitions
23. My partner gives me a budget or allowance without my input
24. My partner grabs me to prevent me from leaving the situation
25. My partner hides information about finances from me
26. My partner humiliates me when we are alone
27. My partner humiliates me in front of others
28. My partner hurts or threatens to hurt my pet
29. My partner ignores me when I bring up something that they don't want to talk about
30. My partner inflicts sex-specific injuries on me without my consent
31. My partner is violent during sex with me without my consent
32. My partner keeps me from accessing resources (i.e. medical attention, education, family, friends, phones, transportation)
33. My partner kidnapped me
34. My partner limits my ability to pursue higher education or advance my career
35. My partner looks through my phone/email/social media to monitor me
36. My partner makes gestures that suggests a threat or danger toward me
37. My partner makes me afraid by using the way they look at me
38. My partner makes me ask permission to spend money
39. My partner makes me ask them for money
40. My partner makes me drop charges against them
41. My partner makes me feel bad about myself

42. My partner makes me feel guilty for things out of my control
43. My partner makes me feel inferior or less important than them
44. My partner makes me *feel* like I am “crazy” or going “crazy”
45. My partner makes me feel threatened or afraid of what might happen if I say “no” or disagree with them
46. My partner makes most/all of the decisions
47. My partner makes statements that make me feel scared for my safety
48. My partner makes us move to remote locations
49. My partner manipulates me into doing illegal activities
50. My partner physically injures me
51. My partner pinches me
52. My partner plays down/minimizes my concerns or problems or tells me “it’s not that bad”
53. My partner plays on my insecurities by comparing me negatively to others
54. My partner pressures me to do unwanted sexual acts
55. My partner pressures/forces me to send them explicit videos or pictures of myself when I am unwilling
56. My partner prevents me from getting a job
57. My partner prevents me from keeping a job
58. My partner prevents me from leaving a job
59. My partner pulls my hair without my consent
60. My partner punches me
61. My partner purposefully excludes me from activities/conversations when I assert myself
62. My partner pushes me

63. My partner puts me down
64. My partner questions my memory of things that happened in our relationship
65. My partner refuses to consider my perspective
66. My partner refuses to delete explicit videos or pictures they have of me
67. My partner rejects the use of birth control when I want to use it
68. My partner requires me to account for everything I spend
69. My partner sabotages my ability to see friends/family
70. My partner says things like “If you don’t _____, I will_____.”
71. My partner sends me unwanted explicit videos or pictures
72. My partner shows their weapons to intimidate me
73. My partner slams doors
74. My partner smashes things
75. My partner spends my money without my knowledge or consent
76. My partner strangles me without my consent
77. My partner tells lies about me to others or groups of people
78. My partner tells me “nobody else would want to be with me” or things of that nature
79. My partner tells me everything is my fault
80. My partner *tells* me I am “crazy”
81. My partner tells me I am “too sensitive”, “can’t take a joke”, or to “chill out”
82. My partner tells me they know “what’s best for me”
83. My partner questions my memory/tells me I remember things inaccurately
84. My partner tells me what I can/cannot read or watch
85. My partner tells me where I can and cannot go

86. My partner tells me who I can and cannot talk to
87. My partner threatens me with a weapon (knife, gun, something sharp, etc.)
88. My partner threatens suicide when I try to leave them
89. My partner threatens to cut me off financially when we disagree
90. My partner threatens to expose my weaknesses or spread rumors about me
91. My partner threatens to leave me when I do or say things that they don't like
92. My partner threatens to report me to the police
93. My partner treats me like a servant
94. My partner trips me on purpose
95. My partner twists my arm
96. My partner uses an object or a part of their body to block my ability to breathe.
97. My partner uses family assets without my knowledge/ permission
98. My partner uses jealousy to justify their actions
99. My partner uses the silent treatment to punish me
100. My partner uses their body or other barriers to block exits to keep me from leaving
101. My partner uses things I have done or told them against me
102. My partner withholds sex from me as punishment
103. My partner accuses me of flirting with others when I am not
104. My partner accuses me of having romantic affairs with others when I am not