



# Conifer Counseling Informational Page

## Can You Identify Domestic Violence

A black eye, broken bones, and unbelievable excuses for constant injuries. We all know those signs, but can you identify the more subtle signs of abuse and control? Use this check list, based on information provided by the Colorado Department of Human Services, to see if you or someone you know may be in an abusive or violent relationship.

Conifer Counseling  
and  
Therapy Services,  
Inc

720-722-1577

13700  
US Hwy 285  
Pine, CO 80470

11030  
Kitty Drive  
Conifer, CO 80433

30922  
Hilltop Drive  
Evergreen, CO  
80439

conifercounseling.com

### Psychological/Emotional

- ☐ Minimizes abusive actions and attempts to create confusion regarding their behaviors (your crazy, that didn't happen)
- ☐ Isolation - restricted movements, interference with supports, retaliation for going out (picking fights, anger, putting down of supports)
- ☐ Intimidation with intent of instilling fear through tone, invasion of space, breaking or throwing objects, driving recklessly, abuse of family pets
- ☐ Humiliation, degradation, devaluation, name calling, criticism of appearance or behaviors
- ☐ Irrational jealousy

### Spiritual

- ☐ Mocking of faith or beliefs
- ☐ Forceful Conversion
- ☐ Restriction of practice or forceful violations of beliefs

### Medical

- ☐ Withholding medical treatment, medication, or medical devices for victim or children
- ☐ Forceful use of drugs, alcohol
- ☐ Forceful violation of medical maintenance diet, exercise, etc

### Legal

- ☐ Threatens or purposefully reports unsubstantiated child welfare or legal violations
- ☐ Threatens to take custody of children to force compliance
- ☐ Uses visitation to harass or intimidate the adult
- ☐ Continuous frivolous legal actions
- ☐ Violation of court orders (child support, no contact orders, spousal support)

### Deprivation

- ☐ Deprives partner of sleep to argue
- ☐ Denies or restricts access to basic needs
- ☐ Sabotages housing, utilities, transportation, or assistance from others
- ☐ Refuses family members contact with others

### Sexual

- ☐ Forced unwanted sex or sexual acts
- ☐ Forced exposure to porn
- ☐ Withholding of love or "privileges" in response to refusal to engage in sex or sex acts
- ☐ Sexual degradation
- ☐ Pressure to have sex with others or open relationship

### Economic

- ☐ Controls or withholds money, assets, and financial decision making
- ☐ Prevents adult from getting or maintaining employment
- ☐ Fraudulent use of families identity for financial gain
- ☐ Confiscates adults income

### Stalking/Monitoring

- ☐ Monitoring of electronic devices and/or movements
- ☐ Restricts movements through fear or reprisal
- ☐ Required check ins or immediate response to attempts to contact

### Using Children

- ☐ Hurts children as punishment to adult
- ☐ Degrades adult to children
- ☐ Undermines parenting/prevents care of children
- ☐ Uses children as an excuse to contact
- ☐ Uses children to monitor parent

If you suspect  
Domestic Violence,  
please contact the  
National Domestic  
Violence Hotline at  
(800)799-7233

Adapted from <https://endingviolence.com/wp-content/uploads/2013/01/Colorado-DV-CPS-Practice-Guide-4.14.131.pdf>