

The National Prevention Toolkit on Officer-Involved Domestic Violence

Examining Your Attitudes

Officers who have engaged in any activity that meets the definition of domestic violence under federal or their individual state statutes have broken the law.

Even if officers have not engaged in behaviors that are crimes, they may have certain attitudes or behaviors that endanger their family members or the civilians they serve.

Privately use the following questionnaire to determine your readiness to serve the people in your community. Think about the questions carefully and answer them honestly.

Please answer the following questions.	YES	NO
1. Have others said that you try to control your partner?		
2. Have you ever noticed that you become easily angered by frustration and are unable to control your responses towards others?		
3. Do you sometimes make accusations against your partner because you feel jealous?		
4. Do you think you often place pressure on your partner to do things your way, even if your partner doesn't want to?		
5. Does your partner complain that you are trying to control his or her life?		
6. If you treat others poorly, do you consider it the other person's fault?		
7. If you treat others poorly, do you blame your behavior on alcohol, stress, or family problems?		
8. Do you feel that women are not as capable as men?		
9. Are you often afraid that your partner will be unfaithful?		
10. Has your partner ever told you that he or she is afraid of you or afraid of what you might do when you are angry?		
11. Have your children ever told you that they are afraid of you? Have they ever acted afraid of you because they have seen how you sometimes use violence or threats of violence at home?		
12. Do you sometimes say things that make your partner feel uncomfortable, such as insulting him or her, or calling him or her names?		
13. Have you ever damaged your partner's personal property (clothing, furniture, personal belongings, or car) when you were upset?		
14. Do you feel that you cannot live without your family and told your partner that?		

Please answer the following questions.	YES	NO
15. Do you think that you might consume more alcohol than you should?*		
16. Do you make the final decisions about most of your partner's daily activities (i.e. who your partner can be friends with, when your partner can see your family, how much money your partner can use, or when your partner can use the car)?		
17. Do you call your partner's job frequently to check up on him or her?		
18. Do you feel as though you have the final say in family decisions and that your partner should respect your authority?		
19. If a colleague is exhibiting behaviors that could be characteristic of abuse, do you attribute these behaviors to gender roles: for instance, "boys will be boys" or "men should be the head of the household"?		
20. Did you grow up in a family that used violence as a means of control? If yes, have you found that you sometimes imitate the example as an adult?		
*For more information about alcohol consumption, take the Alcohol Use Self-Assessment Survey located on Page 6 of this Module.		

If you answered yes to any of these, you may have unresolved issues that would interfere with your ability to protect and serve. You (and your partner/family) might benefit from addressing these issues.

If you answered yes to more than one of these, you may have unresolved problems that could endanger your partner/family and interfere with your ability to protect and serve. These issues should be addressed immediately.

Consider consulting your faith-based leader, private counselor, mental health professional, or Employee Assistance Program immediately for a referral. Every single family deserves to be healthy and safe.

