

IJS - The Intimate Justice Scale

Read each item below to see if it describes how your partner¹ usually treats you. Then circle the number that best describes how strongly you agree or disagree with whether it applies to you. Circling a one (1) indicates that you do not agree at all, while circling a five (5) indicates that you agree strongly. Your answers are confidential.

	I do not agree at all				I agree strongly
1. My partner never admits when he or she is wrong.	1	2	3	4	5
2. My partner is unwilling to adapt to my needs and expectations.	1	2	3	4	5
3. My partner is more insensitive than caring.	1	2	3	4	5
4. I am often forced to sacrifice my own needs to meet my partner's needs.	1	2	3	4	5
5. My partner refuses to talk about problems that make him or her look bad.	1	2	3	4	5
6. My partner withholds affection unless it would benefit her or him.	1	2	3	4	5
7. It is hard to disagree with my partner because she or he gets angry.	1	2	3	4	5
8. My partner resents being questioned about the way he or she treats me.	1	2	3	4	5
9. My partner builds himself or herself up by putting me down.	1	2	3	4	5
10. My partner retaliates when I disagree with him or her.	1	2	3	4	5
11. My partner is always trying to change me.	1	2	3	4	5
12. My partner believes he or she has the right to force me to do things.	1	2	3	4	5
13. My partner is too possessive or jealous.	1	2	3	4	5
14. My partner tries to isolate me from family and friends.	1	2	3	4	5
15. Sometimes my partner physically hurts me.	1	2	3	4	5

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¹The term partner refers to your most significant mutual relationship. This may be a spouse or former spouse or even a best friend. If you are not in a marriage currently or recently, or have a girlfriend or boyfriend, use your most intimate friendship when answering these questions.