“WHY” Checklist

Listed below are a number of reasons you might think adults physically abuse children/teenagers. Check all the reasons that you think relate to the person who abused you. Fill out the checklist for each person who abused you.

□ Low self-image.

□ He/she thinks children are an easy target.

□ Need for power and control over someone.

□ Has trouble getting along with people.

□ Poor coping skills to deal with their problems.

□ Feeling inadequate or isolated.

□ Unable to develop good adult relationship.

□ It’s what his/her family did when they were young.

□ He/she was abused when younger.

□ No friends outside the family.

□ Can’t or won’t control impulses.

□ Uses drugs or alcohol as an excuse.

□ Minimizes or denies or rationalizes abuse.

□ Takes out anger on others.

□ Feeling overwhelmed.

□ Selfish.

□ Other: _________________________________________________________
________________________________________________________________
________________________________________________________________