

“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: _____

