

## Checklist of Grooming, Controlling, Silencing, and Maintenance Behaviors

Your Name: \_\_\_\_\_

Date: \_\_\_\_\_

Date/s of Incident: \_\_\_\_\_

Your Age at Time of Incident: \_\_\_\_\_

Person's Name: \_\_\_\_\_

Sex: MALE / FEMALE      Age: \_\_\_\_\_

Person's Relationship to You: \_\_\_\_\_

- |  |          |
|--|----------|
| 1. Acting sorry and apologetic or promising not to do it again. ....   | YES / NO |
| 2. Threats to hurt or harm the person. ....  | YES / NO |
| 3. Threats of hurting family members of the person. ....   | YES / NO |
| 4. Threats to harm the person's property if he or she refused. ....  | YES / NO |
| 5. Threats to reject or alienate the person if he or she refused. ....   | YES / NO |
| 6. Aggressive voice tone or mood towards the person. ....  | YES / NO |
| 7. Acting sad to gain sympathy and cooperation from the person. ....   | YES / NO |
| 8. Telling the person you need or must have sex. ....  | YES / NO |
| 9. Making the person feel bad for saying "NO." ....  | YES / NO |
| 10. Instigating the person to test his or her limits, then proceeding to press or erode them. ....                 | YES / NO |
| 11. Building or misusing a trust to lead the person into what you want. ....                                       | YES / NO |
| 12. Catching the person by surprise to get a reaction or trap the person. ....                                     | YES / NO |
| 13. Physically posturing or intimidating the person. ....  | YES / NO |
| 14. Physically blocking or holding the person from leaving. ....   | YES / NO |
| 15. Using devices or objects to trap or prevent the person from leaving. ....                                      | YES / NO |
| 16. Physically holding and preventing the person from leaving. ....  | YES / NO |
| 17. Using physical force hold or restrain the person from leaving. ....  | YES / NO |
| 18. Using physical force to exhaust the person's physical resistance. ....   | YES / NO |
| 19. Telling the person bad things will have happen if he/she does not do what you say. ....                        | YES / NO |
| 20. Using the concerns or fears of the victim to manipulate them. ....   | YES / NO |
| 21. Picking persons you think are too young to tell. ....  | YES / NO |
| 22. Picking persons you think too young to remember. ....  | YES / NO |
| 23. Picking persons whom you think may not understand the wrong-ness of your actions. ....                         | YES / NO |
| 24. Picking persons you think are not smart enough to tell. ....   | YES / NO |
| 25. Picking on persons whom you thing cannot tell. ....  | YES / NO |
| 26. Getting the person used to people crossing his or her boundaries. ....   | YES / NO |
| 27. Getting the person into trouble as a way of gaining control over them. ....                                    | YES / NO |
| 28. Corning the person in a place he or she cannot leave. ....   | YES / NO |
| 29. Inviting the person into fun activities. ....  | YES / NO |
| 30. Participating in or initiating activities that the person likes. ....  | YES / NO |
| 31. Making friends with the person's parents in order to get them to allow you access to the person. ....          | YES / NO |
| 32. Using food or candy to engage the person. ....   | YES / NO |
| 33. Using animals or stories about animals to engage the person. ....  | YES / NO |
| 34. Touching or rubbing on the person without their knowing. ....  | YES / NO |
| 35. Offering or giving money to the person to engage their cooperation. ....                                       | YES / NO |
| 36. Making it look like an accident. ....  | YES / NO |
| 37. Telling the person it was an accident. ....  | YES / NO |
| 38. Telling the person it is alright to do what you have done or wish to do. ....                                  | YES / NO |
| 39. Encouraging the person to tell others in order to convince the person it is OK. ....                           | YES / NO |
| 40. Telling the person it is a special or unique thing. ....   | YES / NO |
| 41. Telling the person it will be fun or feel good. ....   | YES / NO |
| 42. Pretending to teach the person something special or unique. ....   | YES / NO |
| 43. Not accepting "NO" for an answer. ....   | YES / NO |
| 44. Talking or hinting about sex a lot to gain the person's interest. ....   | YES / NO |
| 45. Talking about your sexual behavior with others in order to make the person jealous. ....                       | YES / NO |
| 46. Showing the person sexually explicit material or pornography to gain their interest and cooperation. ....      | YES / NO |
| 47. Talking about sex as an appealing thing. ....  | YES / NO |
| 48. Heckling or bothering the person until they agree. ....  | YES / NO |
| 49. Approaching the person when he or she is distracted or not able to concentrate on your intentions. ....        | YES / NO |
| 50. Offering or giving the person drugs or alcohol in order to gain their cooperation. ....                        | YES / NO |
| 51. Making promises in return for sex. ....  | YES / NO |
| 52. Setting up situations to be alone with the victim. ....  | YES / NO |
| 53. Telling the person scary scenarios about what will happen to them or their family if they tell. ....           | YES / NO |
| 54. Train the person into cooperation and participation through repeatedly acting out against the person. ....     | YES / NO |
| 55. Using the person's personal property to leverage or blackmail his or her cooperation with you. ....            | YES / NO |
| 56. Selecting persons with poor personal or sexual boundaries. ....  | YES / NO |
| 57. Using or threatening to use weapons to gain the person's cooperation. ....                                     | YES / NO |
| 58. Selecting persons with handicaps or who are otherwise unable to defend themselves. ....                        | YES / NO |
| 59. Using spiritual, cult, occult, or religious means to control or gain access and cooperation. ....              | YES / NO |
| 60. Telling or giving the impression that higher authority figures wish for the person to cooperate with you. .... | YES / NO |
| 61. Other grooming, controlling, silencing, and maintenance behaviors. ....  | YES / NO |

Explain: \_\_\_\_\_

Print Name \_\_\_\_\_

Signature/Date: \_\_\_\_\_