

## DOMESTIC VIOLENCE SELF RISK ASSESSMENT

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Domestic Violence Victims know well before anyone else when it is time to exit their abusive relationship; yet the exit plan often requires the judicial system to intervene with a Protection Order instructing two (or more) people to stay away from each other; court ordered groups for one of the two person's as an intervention to the abusive behavior; and sometimes even court ordered visitations with children of the common parties. Decisions are not always made as matter of fact when it comes to those of the heart; when children are involved, or when parties are looking at the years it took to get to this crossroad in life whether it has been an uphill battle or downhill glide. On the average it takes seven (7) times for the victim to actually leave their abusive relationship. Leaving is not easy; exiting the relationship is the most unsafe time for a victim. If the abuser becomes aware of the victim's exit plan, the abuser will often act in dangerous ways to regain control over the victim.

As a young woman my mother and I would often engage in very long and intense conversations. I came to relate the closings of our conversations with her words of wisdom, softly spoken so one would have to lean in and carefully listen. It was during one of our talks that she wisely stated, "Ending a relationship is much like grieving the death of your loved one, with one of the biggest differences being the person you love is still walking around living their life and in most cases without you." Few of us enjoy feeling pain; to avoid the painful experience and feel better we sometimes will inflict hurt on those we perceive as having caused the unpleasant emotion.

The purpose of this self assessment is to give a realistic snapshot of possible dangers or risk which may exist in abusive relationships. This picture is as raw as it gets because the individual is telling their own story, and has the ability to write the ending. My hope is the reader is not presently experiencing the below with their significant other. My wish is that while completing this Domestic Violence Self-Assessment the reader answers honestly and immediately seeks professional help if the score equals 9 or above. If your partner is using any type of weapon to exercise control in your relationship this presents grave danger; and if your partner is using a weapon while using drugs and or alcohol please know this only exacerbates the situation.

**If this domestic violence self-assessment has an accumulative score of nine (9) and/or more the victim should seek professional services.**

### **1. Most Recent Incident:**

- Involved a weapon \_\_\_\_\_ (3 points)
- Involved death threat(s) \_\_\_\_\_ (3 points)
- Involved a threat to a member of the household \_\_\_\_\_ (2 points)
- Involved destruction of property \_\_\_\_\_ (1 point)

**2. Most Recent Incident Occurred:**

Within the last 24 hours \_\_\_\_\_ (4 points)

Within the last 48 hours \_\_\_\_\_ (3 points)

Within the last 72 hours \_\_\_\_\_ (2 points)

Within the last 30 days \_\_\_\_\_ (1 point)

**3. History of Domestic Violence (physical and/or verbal abuse):**

Yes \_\_\_\_\_ (1 point)

No \_\_\_\_\_ (0 point)

**4. Current Civil Protection Order/Temporary Protection Order:**

Yes \_\_\_\_\_ (1 point)

No \_\_\_\_\_ (0 point)

**5. Victim's Immediate Concern:**

Safety for self and/or children \_\_\_\_\_ (4 points)

Safety of others \_\_\_\_\_ (3 points)

Safety of property \_\_\_\_\_ (2 points)

Safety of abuser \_\_\_\_\_ (2 points)

**6. Total score: \_\_\_\_\_**

**7. Did the victim seek a referral for professional services: Yes \_\_\_\_\_ No \_\_\_\_\_**

**If no, please summarize the disposition \_\_\_\_\_**

\_\_\_\_\_.

**8. If no to #7, did the victim provide her/his self a time line as to when follow through will occur with obtaining domestic violence services. Yes\_\_\_No\_\_.**

**9. If no to #8, did the victim create a safety plan and include a plan to exit the abusive relationship \_\_\_\_\_**

\_\_\_\_\_.

**10. Affirmation Statement: I am in an abusive and unsafe relationship, only I can move myself out of this situation. The longer I stay in this place the more difficult it will be for me to move forward (continue to add on to this statement) \_\_\_\_\_**

\_\_\_\_\_.