

Domestic Violence Worksheet

Name: _____ Age: _____ Gender: _____

Are you currently in a romantic relationship? _____

If yes, how long have you been in this relationship? _____

Is there a history of domestic violence in your relationship? _____

If yes, please provide a brief description: _____

Part I

Indicate whether the following signs are present in your relationship by marking "Yes" or "No" for each item:

Physical Abuse	Yes	No
Verbal insults or threats	☐	☐
Pushing, hitting, or punching	☐	☐
Slapping, choking, or strangling	☐	☐
Other physical acts of violence	☐	☐
Emotional/Verbal Abuse		
Constant criticism or humiliation	☐	☐
Intimidation or threats	☐	☐
Controlling behavior	☐	☐
Gaslighting or manipulation	☐	☐
Financial Abuse		
Controlling access to money	☐	☐
Withholding financial resources	☐	☐
Forcing to be financially dependent	☐	☐
Sexual Abuse		
Non-consensual sexual acts	☐	☐
Sexual coercion or pressure	☐	☐
Withholding sex as punishment	☐	☐
Isolation		
Restricting contact with friends or family	☐	☐
Monitoring phone calls or messages	☐	☐
Limiting access to transportation	☐	☐

Part II

Remember, your safety is the top priority. If you have any immediate concerns for your well-being, please reach out to a trusted professional or call emergency services.

Consider implementing the following strategies to help ensure your safety and well-being:

Reach out for Support

- Contact local domestic violence hotlines or helplines for assistance.
- Speak with trusted friends, family members, or professionals about your situation.
- Join support groups or counseling services for additional guidance and emotional support.

Document Incidents

- Keep a detailed record of any incidents of abuse, including dates, times, and descriptions.
- Take photographs of any visible injuries or damages as evidence, if it is safe to do so.
- Save any threatening or abusive messages or emails as documentation.

Explore Legal Options

- Consult with a legal professional or advocate to understand your rights and available legal remedies.

Consider obtaining a restraining order or protective order, if appropriate and feasible.

Develop an Emergency Plan

- Identify safe spaces in your home or community where you can go if you feel threatened or unsafe.
- Memorize emergency contact numbers, including local authorities and trusted individuals.