

Domestic Violence Worksheet

Name: _____ Age: _____

Gender: _____

Are you currently in a romantic relationship?

☐ Yes ☐ No

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

Is there a history of domestic violence in your relationship?

☐ Yes ☐ No

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

Verbal insults or threats

☐ Yes ☐ No

Pushing, hitting, or punching

☐ Yes ☐ No

Slapping, choking, or strangling

☐ Yes ☐ No

Other physical acts of violence

☐ Yes ☐ No

Emotional/Verbal Abuse

Constant criticism or humiliation

☐ Yes ☐ No

Intimidation or threats

☐ Yes ☐ No

Controlling behavior

☐ Yes ☐ No

Gaslighting or manipulation

☐ Yes ☐ No

Financial Abuse

Controlling access to money

☐ Yes ☐ No

Withholding financial resources

☐ Yes ☐ No

Forcing to be financially dependent

☐ Yes ☐ No

Sexual Abuse

Non consensual sexual acts

☐ Yes ☐ No

Sexual coercion or pressure

☐ Yes ☐ No

Withholding sex as punishment

☐ Yes ☐ No

Isolation

Restricting contact with friends or family

☐ Yes ☐ No

Monitoring phone calls or messages

☐ Yes ☐ No

Limiting access to transportation

☐ Yes ☐ No

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.