

## **ASSESSING YOUR SAFETY**

### **Does the abuser change just before becoming violent?**

- Look in eyes change
- Posture changes (fists clenched, etc.)
- Voice changes
- Face changes (expression/colour)
- Threatens verbally or non-verbally before striking you

### **Does your behaviour change before violence?**

- Do you have physical responses to fear you may feel before an attack(stomach pains, headache, tight feeling in your chest)
- Do you feel more anxious

### **What circumstances usually exist before you are abused?**

- Alcohol/drugs
- Lack of money
- Pay day
- Day of week
- Time of year
- Are certain people around
- Are certain people not around
- Were you in your home or outside
- Birthdays
- Anniversaries
- Holidays
- Sports events

### **Other things to consider when assessing your situation**

- The abuser expresses fantasies or threats of homicide or suicide
- Pending or actual separation
- Pending or actual serving of court orders (divorce papers, restraining orders, etc)
- A new relationship
- Other dates or events that remind the abuser of diminished control
- Pregnancy
- Children in your home
- Threats of, or actual, child abuse; child(ren) witnessing violence
- Depression and/or psychiatric history
- Prior use of, access to or possession of weapons (guns, knives, ropes, martial arts, etc)

- Military or paramilitary (police) training
- Being isolated by where you live, your culture, your race, your religion, your disability, etc.
- Isolation of abuser
- Obsessiveness about you or family
- Possessiveness and control of you
- Extent and escalation of prior violence
- Threats of violence to you
- Previous police intervention
- Known violence with others
- Ignoring or violating court orders
- Pet abuse

**NOTES:**