

# Domestic Violence Workbook

## Sharing My Story

**IF ANY OF THE FOLLOWING RESONATES FOR YOU, YOU MIGHT CONSIDER USING THIS WORKBOOK.**

- People who care about me are concerned for me
- Going home seems overwhelming or scary
- I'm afraid there's no way out
- I Feel Numb
- I feel trapped/frozen
- I stopped calling people because I'm ashamed/afraid
- I don't know how to explain what's going on
- I'm afraid something will happen to my children
- I can't envision how to move forward
- I'm afraid of what my abuser would do to my kids if we left
- What would happen to my children if they were alone with the other parent?
- I'm afraid my kids are going to see something they can't unsee
- Feeling 'crazy'...being told I'm crazy by my abuser
- I am afraid no one will believe me
- I'm not perfect...will I be judged by the imperfect things I've done?
- What if I was defending myself?
- I'm a strong person - abuse could never happen to people like me.

**Domestic violence is a choice. Some matters contain other issues, like substance abuse, dangerous mental illness, and dangerous criminal behavior...but those things do not cancel out the above behavior choices of abuse.**

### ADVISORY

**You control your story. This workbook is designed to help you organize your thoughts and share your experience. Please be conscious of who you share your workbook with. Before sharing your workbook, ask the recipient how it will be used/shared so that it does not become an instrument of further abuse. If you have questions, please contact a domestic violence advocate.**

# FAMILY COURT *Case Planning* WORKBOOK *For* SURVIVORS



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YOUR EXPERIENCES MATTER

# Please describe times your (ex) partner threatened to or has...

Take(n) your child(ren)?

[Empty response box for "Take(n) your child(ren)?"]

Make/made you look crazy?

[Empty response box for "Make/made you look crazy?"]

Turn(ed) everyone against you?

[Empty response box for "Turn(ed) everyone against you?"]



# Please describe times your (ex) partner threatened to or has...

Harm(ed) you or anyone you love, including pets?

Leave/left you without resources?

Have/had weapons?

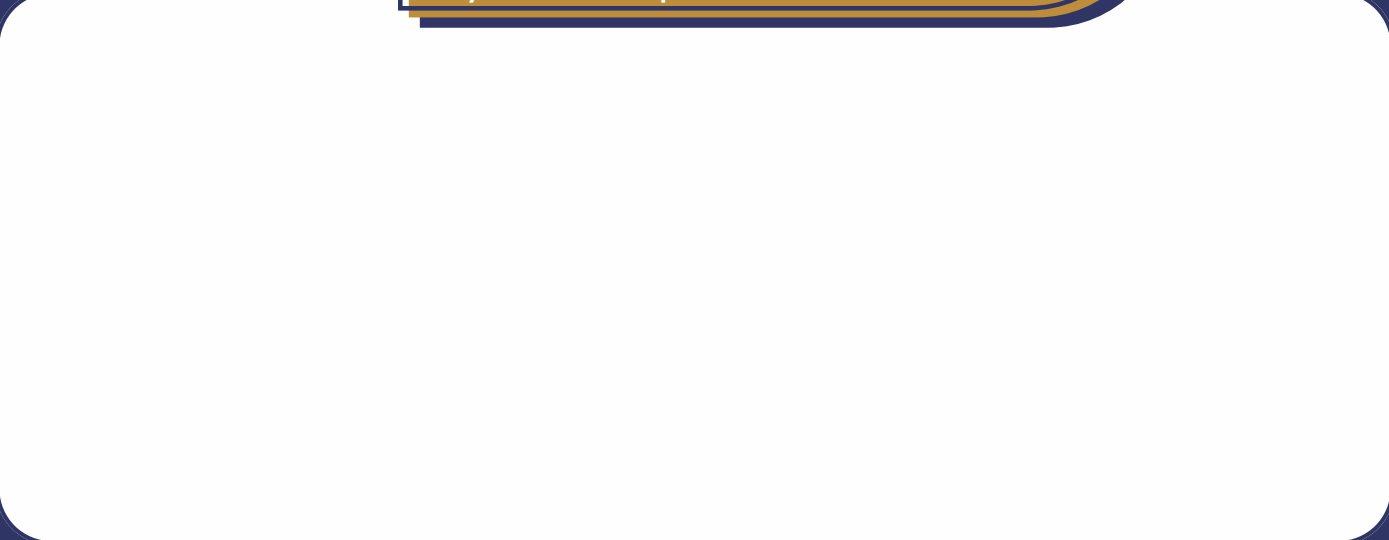


# Describe the beginning, middle, and end of your relationship with your (ex) partner.

Describe how you first met.



What first attracted you to your (ex) partner?



# Describe the beginning, middle, and end of your relationship with your (ex) partner.

Describe the first time you felt uneasy with your (ex)partner.

How the relationship with your (ex)partner progressed

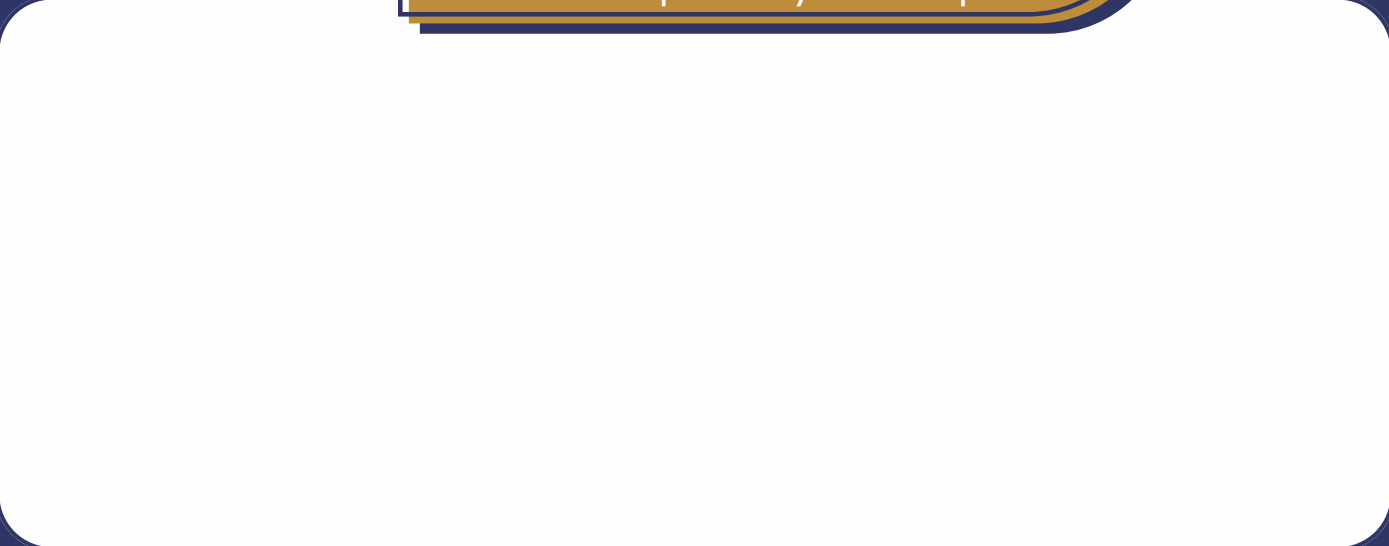


# Describe the beginning, middle, and end of your relationship with your (ex) partner.

How you knew that you had to end the relationship.



Have you ever felt trapped in a relationship with your ex-partner?



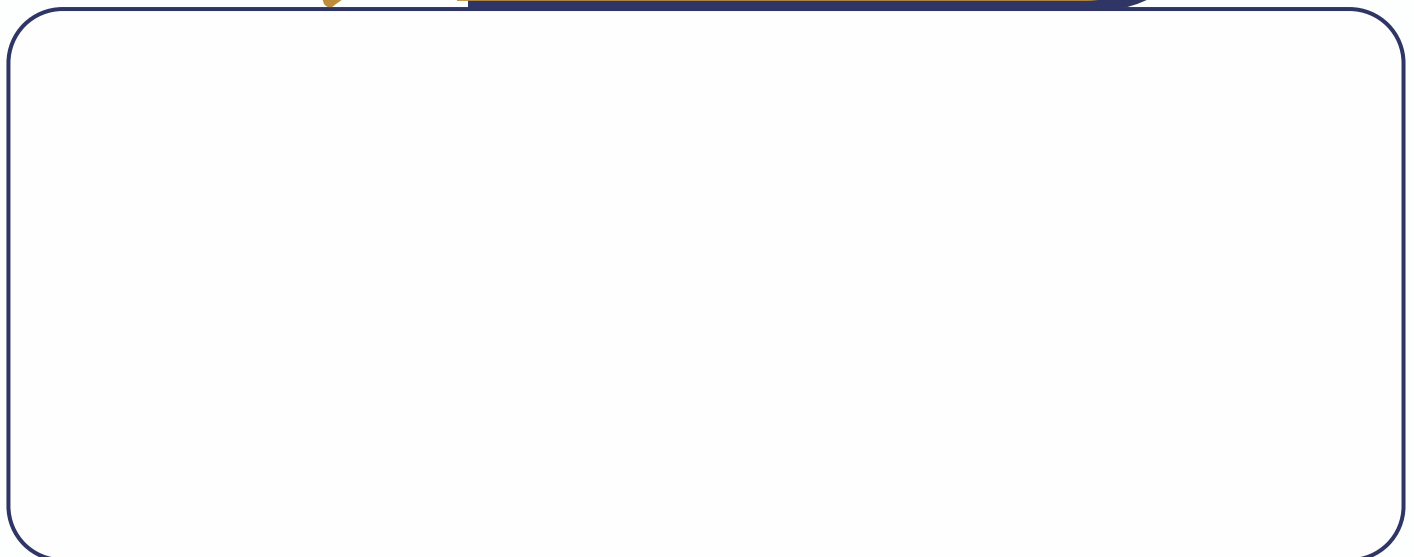


# Describe the beginning, middle, and end of your relationship with your (ex) partner.

Describe the first time you felt uneasy with your (ex)partner.



Describe your biggest safety concern currently.





**Describe the role of substance use in your relationship with your (ex) partner.**

Do you use drugs and/or alcohol? Please describe

If so, describe times your (ex)partner influenced you.



# Describe the role of substance use in your relationship with your (ex) partner.

Describe times you believe that an (ex) partner has secretly drugged you.

Does your (ex)partner use drugs and/or alcohol?



**Describe the role of substance use in your relationship with your (ex) partner.**

If so, describe your (ex) partner's drug or alcohol use.

If so, describe how substance use changes your (ex)partner's behavior.



# Employment and Financial Control

Describe your (ex)partner's  
work history.

Describe how money is  
controlled in your relationship.

Describe how taxes are paid.



# Employment and Financial Control

If you have assets how are these assets held?

Were you employed when you met? Doing What?

Are you employed now?



# Employment and Financial Control

Do you have your own bank account?

Do you have access to your (ex)partner's accounts?

Are you dependent on your (ex)partner for basic financial need?




# Isolation, Tracking, and Monitoring

Describe your social circle.



Does/did your (ex)partner make demands about your relationships with others? Describe these.





# Isolation, Tracking, and Monitoring

Describe your access to transportation.

Describe if your ex-partner monitors your phone, texts, social media, or computer use.

Describe ways that your (ex)partner does/did track or control where you go.



# Isolation, Tracking, and Monitoring

Does your partner always seem to know your whereabouts? If so, share some examples.

Can you come and go from your residence as you please? If not, please explain.



# Sexual Pressure or Abuse

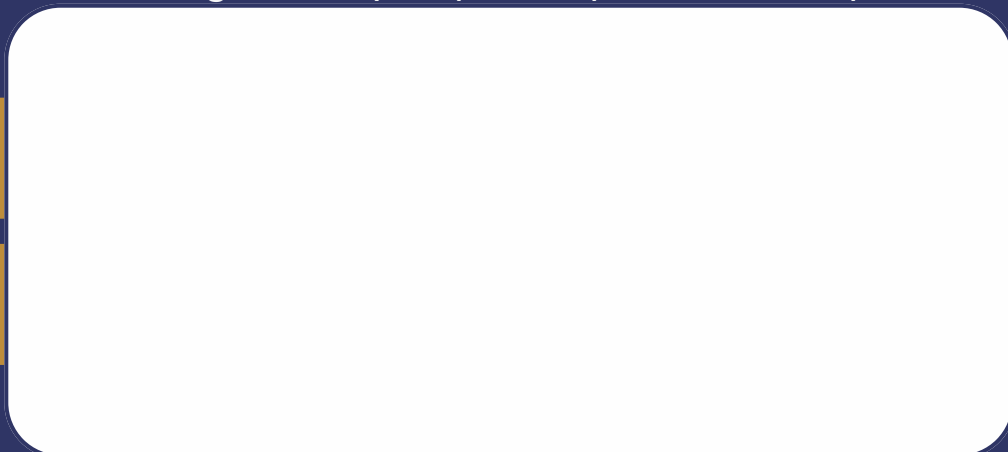
Does/did your (ex)partner push you into sex? Please provide examples.



Does your (ex)partner take no for an answer if you are not in the mood for sex? If no, please describe.



Does your (ex)partner hurt you on purpose during sex? If yes, please provide examples.



# Sexual Pressure or Abuse

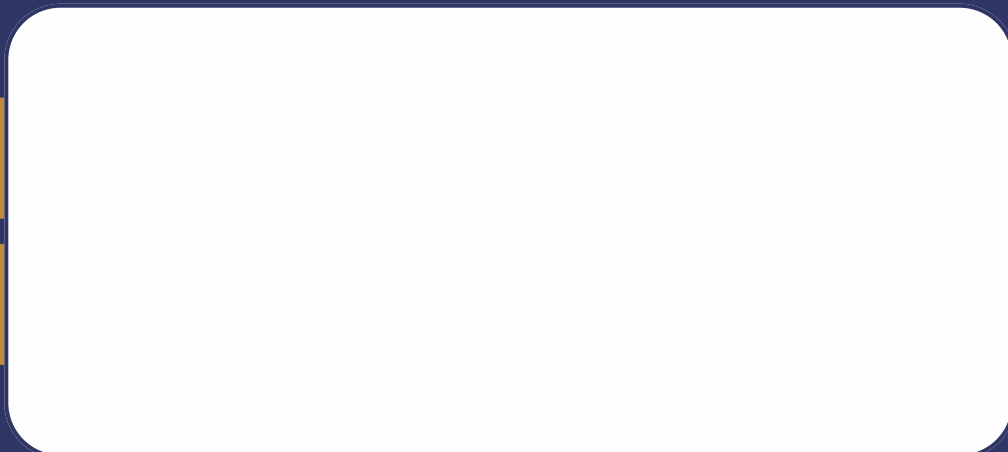
Does/did your (ex)partner push you to engage in sexual acts that you do not want. If yes, please describe.



Has your (ex)partner threatened to share videos or photos of you? If yes, please explain.



Has your (ex)partner intentionally given you a sexually transmitted disease?

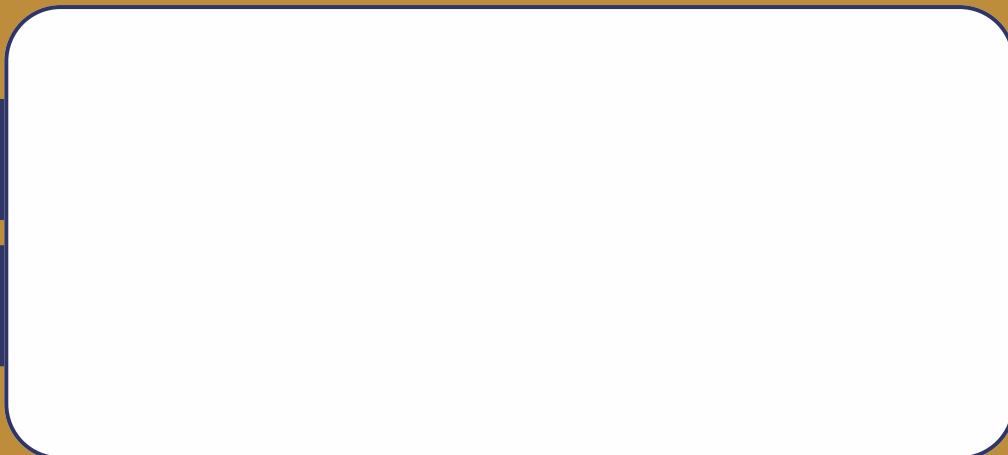


# Sexual Pressure or Abuse

Does your (ex)partner threaten to leave you if you do not comply? If yes, please explain.

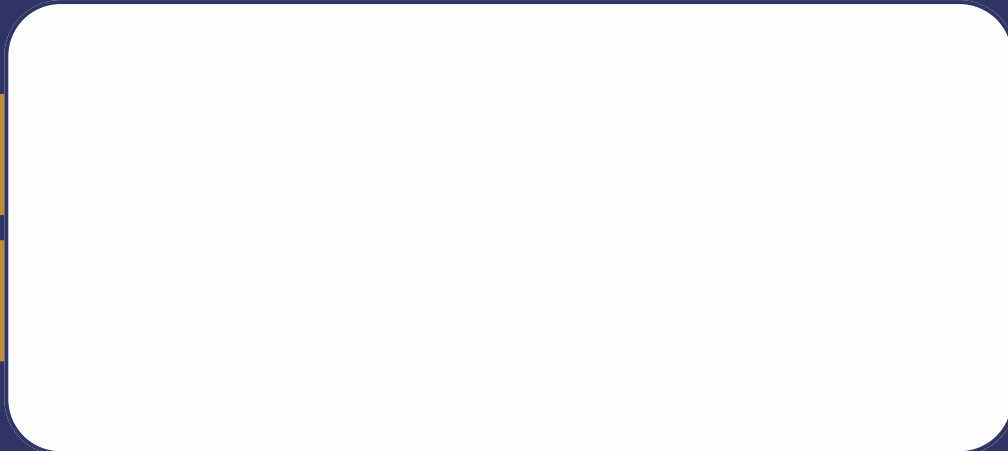


Is your (ex)partner safe with children?  
If not, please explain.



# Mental Health

Does your (ex)partner have a mental health diagnosis?



Does/did your (ex)partner receive treatment?

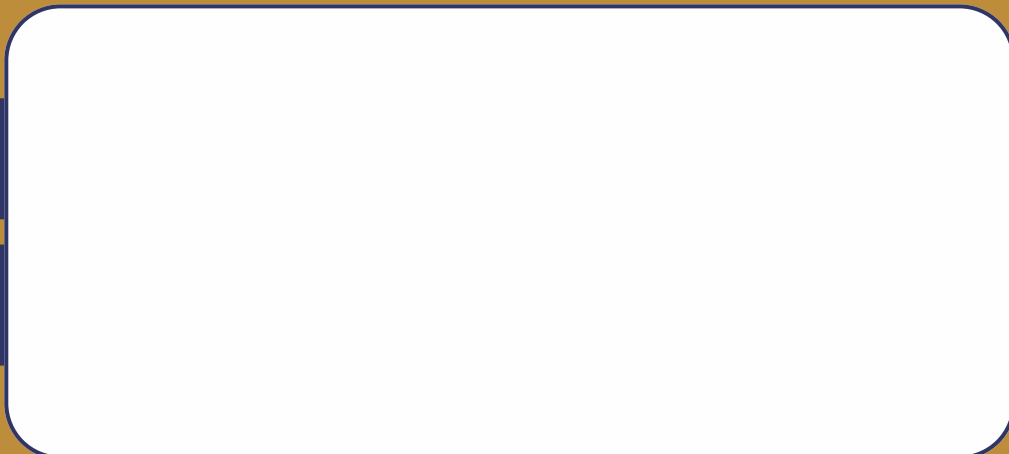


# Mental Health

Is your (ex)partner compliant with medication or treatment?



Has your (ex)partner made threats to commit suicide? Describe these





# Mental Health

Has your (ex)partner threatened to kill you or your children? If yes, please provide examples.



Are there other addictions, such as gambling or pornography? If yes, please explain.

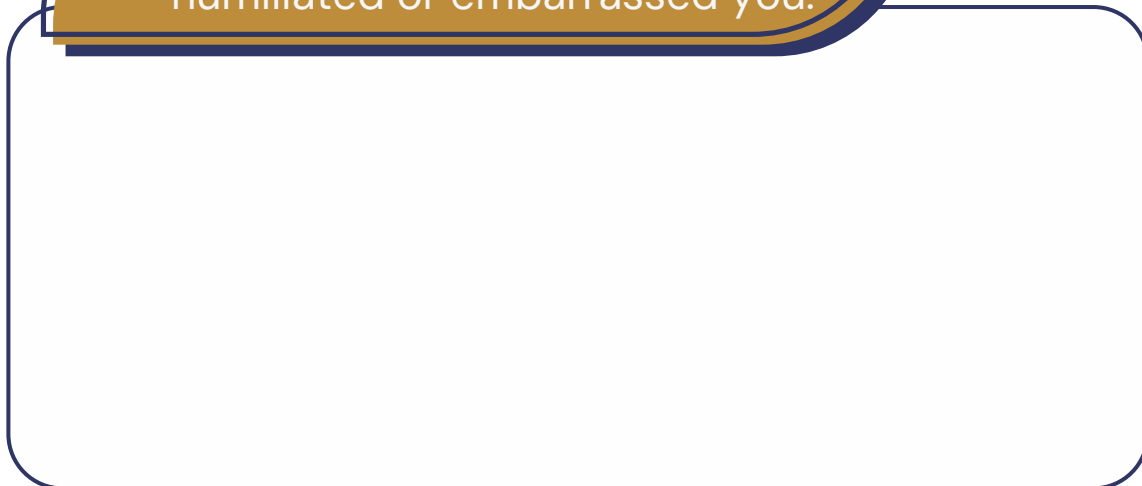


# Verbal Abuse, Degradation, Humiliation

Please list the names your  
(ex)partner has called you.



Describe ways your (ex)partner has  
humiliated or embarrassed you.



# Verbal Abuse, Degradation, Humiliation

Describe how your self-concept has changed during your relationship with your (ex)partner.

Blank response area for describing self-concept changes.

Describe times you felt worthless while in the relationship with your (ex)partner.

Blank response area for describing times felt worthless.



# Silent Treatment, Absenting, and Absconding.

Does your (ex)partner disappear for long periods without explanation? If yes, please describe.

Does your (ex)partner refuse to speak with you as a form of punishment? If yes, please provide examples.



# Silent Treatment, Absenting, and Absconding.

Does your (ex)partner refuse to touch you if you aren't being "good"? Please provide examples.

Does your (ex)partner leave with the child and refuse to communicate or return? If so, please explain.



# Abusive and Neglectful Parenting

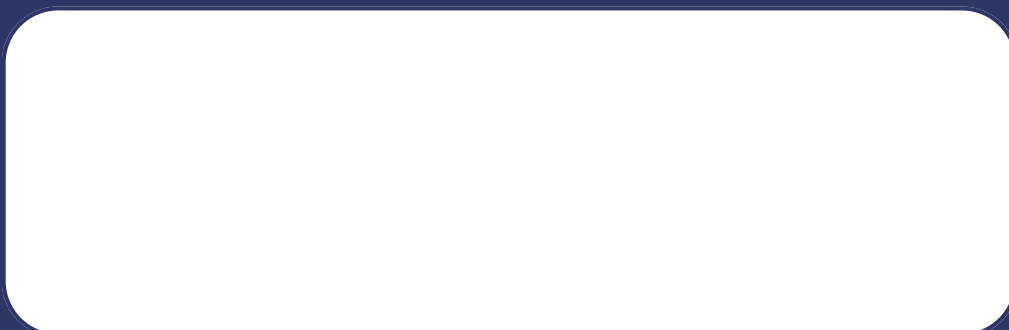
Does your (ex)partner have children with other partners?



Is your (ex) partner a good parent? If not, please describe concerning incidents.



Does your (ex) partner keep healthy boundaries with the child(ren)? If not, please give examples.



# Abusive and Neglectful Parenting

Does your (ex) partner appropriately prioritize the child(ren)'s care and routine? If not, please give examples.

Does your (ex) partner use corporal or unusually severe punishments? If so, please explain

Is your (ex)partner verbally or emotionally abusive with the child(ren)? If so, please explain.





# Abusive and Neglectful Parenting

Is your (ex) partner a good role model? If not, please explain.

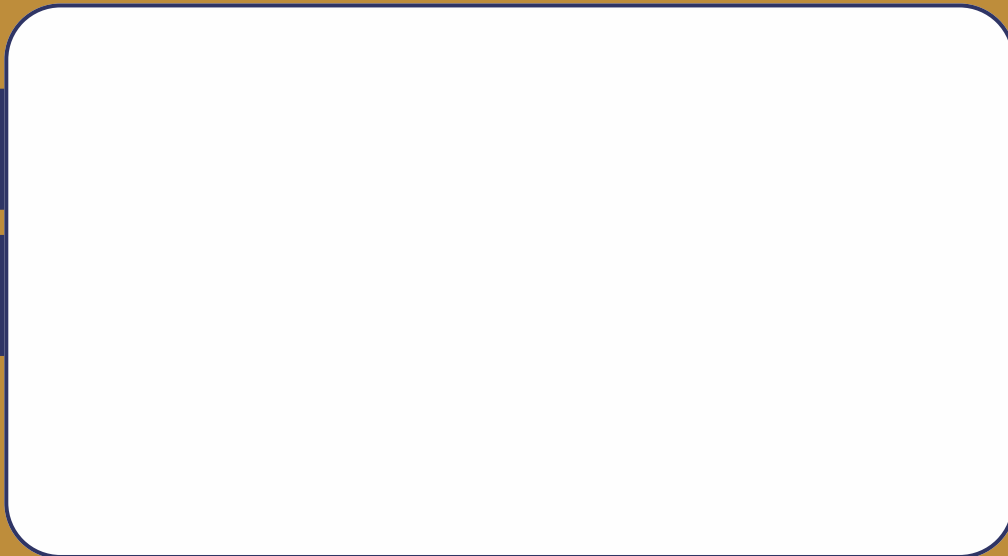


Is your (ex) partner rigid, authoritarian, and/or coercive with the child(ren)? If so, please give examples.

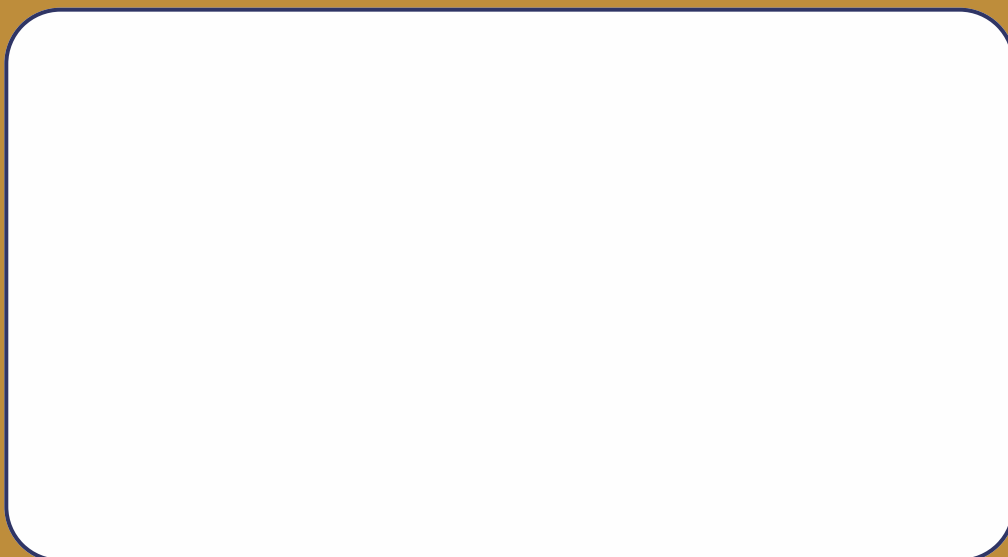


# Post-Separation Abuse Tactics

Does your child(ren) have to act like an adult in your (ex)partner's care? Please give examples.



Does your (ex)partner refuse consent or payment for necessary services for the child(ren)? Please give examples.



# Post-Separation Abuse Tactics

Does your (ex)partner make you look like the “bad guy”? Please give examples



Do the child(ren) feel safe expressing their needs to the other parent? Please explain.

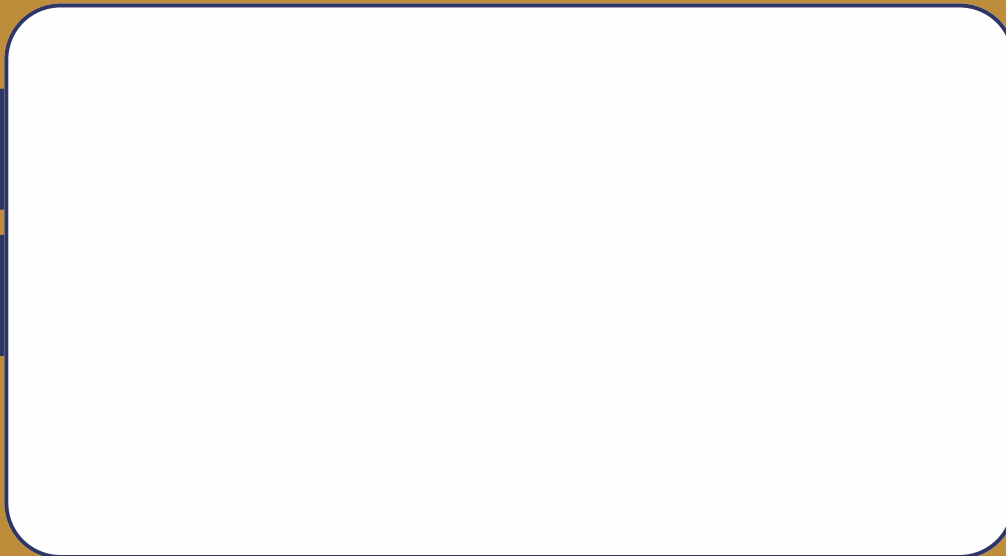


Does your child(ren) have behaviors that your (ex)partner says only occur in your care? Please explain.

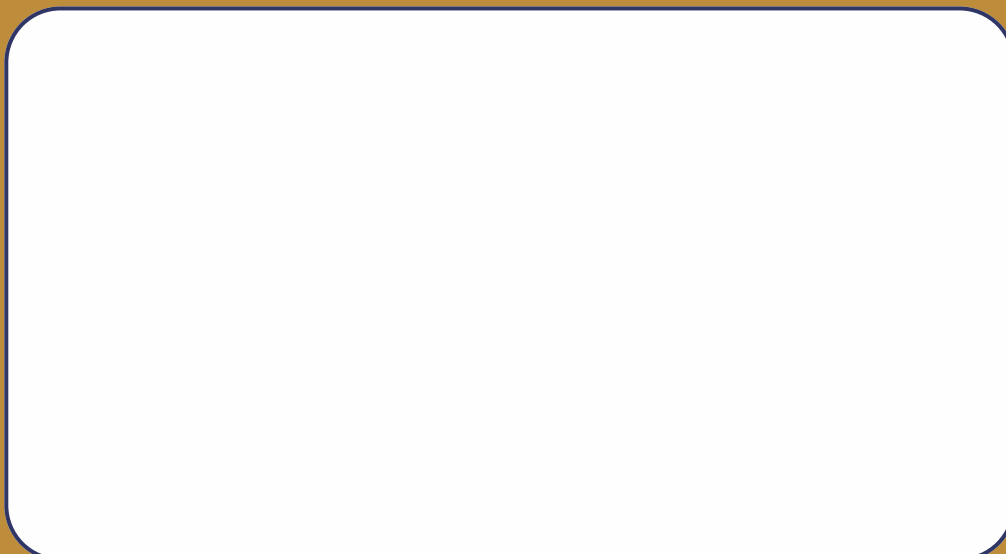


# Post-Separation Abuse Tactics

Does your (ex)partner undermine your parenting or act contrary to the children's best interest on decisions? Please give examples.



Does it ever seem like the child(ren) are expected to fulfill your old role in the relationship with your (ex)partner?



# Post-Separation Abuse Tactics

Does your (ex)partner continue to bring you back to court? Please describe.



Do you have to bring your (ex)partner back to court to enforce your decree or protect the child(ren).



Does your (ex)partner withhold court-ordered payments or reimbursements? Please describe.



## Post-Separation Abuse Tactics

Does your (ex)partner continue to name-call, berate, or harass you? Please give examples.

Does your (ex)partner push boundaries that you have set? Please describe.

Does your (ex)partner try to make others believe that you are the abuser and the (ex)partner is this victim? Please give examples.



## Post-Separation Abuse Tactics

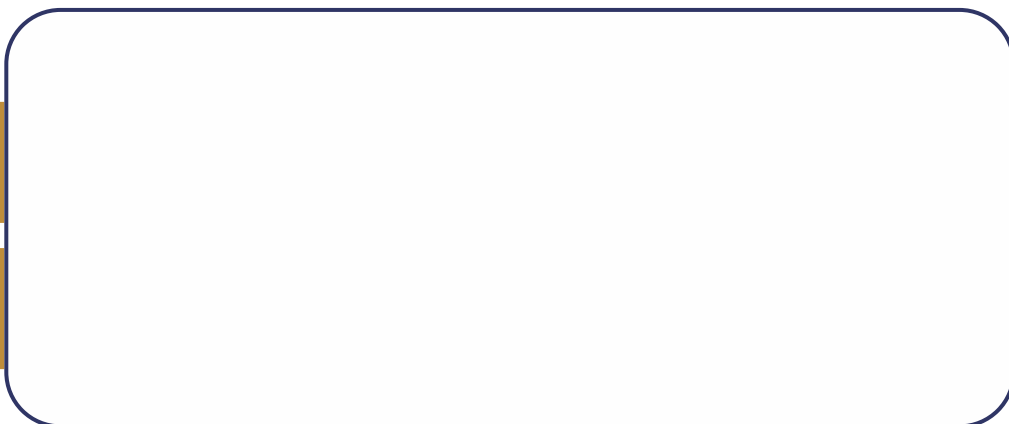
Does it seem the court orders only apply to you and not your partner? Please explain.



Does your (ex)partner take actions to isolate you and your child(ren) from friends, family, the community, or other supportive individuals?



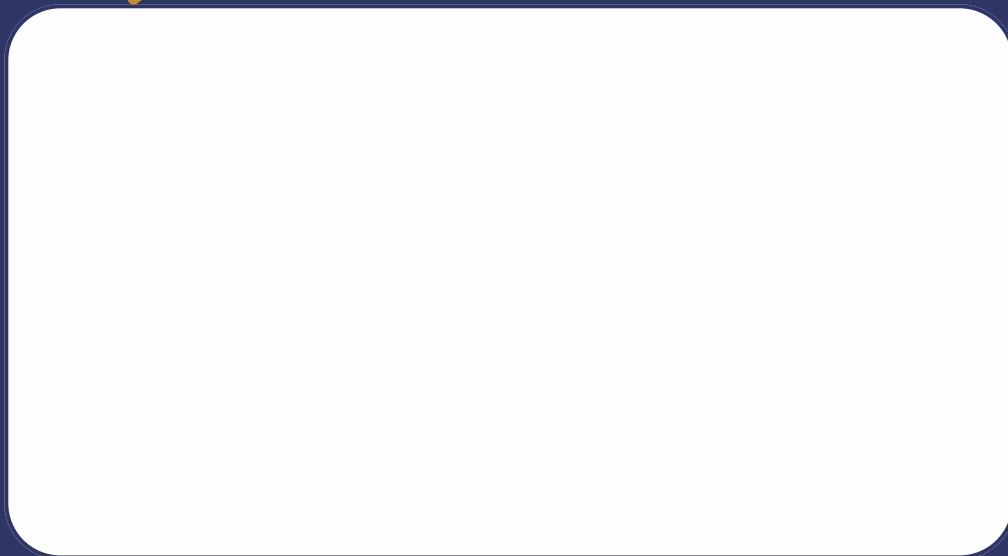
Does it feel like your (ex)partner still controls the core elements of your or the child(ren)'s life? Please explain.





# Additional Concerns

This assessment does not include everything that is abusive in every relationship. Please discuss here any items that we may have missed.



# Thank You!



CONTACT US



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