

DOMESTIC VIOLENCE SURVIVOR ASSESSMENT

Today's Date: _____ **Session #** _____ **COUNSELOR NAME** _____ **CLIENT CASE #** _____

Issues about the relationship.....

A. Triggers of abusive incidents?	Denies & excuses abuse. May accept blame by partner.	Questions self blame Vague talk rela. ending. Seeks logic triggers of incidents.	Rejects self blame. Continues to make excuses to others, but realizes P. chooses to abuse.	Works to make P. accountable abuse. Assesses safety – will partner change or not?	Over time does not tolerate abuse. If left, avoids partner. If together, monitors partner for change.
B. Managing Partner Abuse	The bad things are a trade off for what is good in relationship	Placates, feeling trapped. Asks partner to get help	Realizes cannot prevent partner abuse. Tries to avoid abuse by sleep, work, etc.	Decided abuse must end. Makes and acts on plans for own safety.	Learns new ways to relate to new or changed partner. If separated, continues to avoid abuser.
C. Seeking Legal Sanctions	Does not agree to call police or courts	May seek information. If seek sanctions, likely recant	Seeks sanctions, may be hoping to change relationship.	Seeks sanctions-consistently follows up legal processes	Continues to seek sanctions/harass or stalk, actively protects self.
D. Attachment	Keeps abuse secret. Hopes to give enough love to prevent violence	Cares & “Gives 2 nd Chance” Admits abuse to self, wants it to be a secret. Feels shame.	Ambivalent about losing sex, home, income, dreams. Acknowledges abuse & own needs	Embarrassed that P is abuser. Realizes love is a separate issue from abuse.	After left, reminds self why; lets go. If remains rebuilds attachment within new rules for no abuse.
E. Views Relationship and Options	Positive overall. No need for options. Violence temporary.	Reflects on good and bad. Tries to change self to avoid abuse, begins to fear future.	Ambivalent. Wishes partner would change. May try brief separation.	Determined abuse must end. Willing “to do what it takes” over time to become safe	Over time makes decisions based on her safety even if he pleads, stalks, &/or harasses.
F. Managing loyalty to norms and own beliefs.	Fears stigma of failing in relationship. Loyal to norms and own beliefs.	Remains “for the family, or status, or children” Does not want partner humiliated.	Conflicted between own loyalties and rising sense injustice. Considers options.	Partner does not deserve loyalty, whatever others think. May be a precipitating crisis.	Continues to feel leaving or require partner change is justified. Some guilt re: family response.

Issues about the individual

G. Accessing Help	Does not see others as understanding.	Generalized mistrust & fear no one can help.	Hints to others of abuse seek support & help. Fears reprisal	Persistently seeks and sorts out who is and is not helpful	Continues help multiple sources. Uses other’s knowing to limit abuse.
H. Self identity	Does not see self as separate from rela. Submissive to partner.	Loss of self is a sacrifice for relationship, because partner needs her.	Struggles to regain lost identity. Feels guilty & mixed up. Increasing self worth.	Negative about abuser. Vacillates guilt and anger. Channels anger into action.	Self identity becomes clear over time. Sees negative and positives in abuser and relationship. Less anger.
I. Self Efficacy: be on her own	Cannot imagine life without partner.	Considers possibility and fearful about being on own.	Sets goals & takes first steps. Reality tests separation fears.	Acts to meet goals. Tests tolerance: being on her own.	Over time increases self sufficiency and independence.
J. Feelings	Avoids/denies own negative feelings.	Avoids all feelings to protect self. Numb, overwhelmed	Can name feelings & need for self esteem. High fear, anxiety	Begins to recognize anger. Channels feelings into action.	Continues to have negative feelings. Accepts loss & uncertainty has hope
K. Mental Health	Stressed. Possibly depressed & confused. May have PTSD.	Stressed/depressed etc. May dislike self & other symp. If PTSD, worsens.	High anxiety, panic attacks. Fantasies murder. Fears is crazy. If PTSD, intolerable.	Senses can gain control of “out of control” feelings. If PTSD, causes higher stress	Continues to acknowledge & cope with stress. Mental Health improves. If PTSD, symp. rise, then recede
L. Control of Money	Partner knows best how to take care of money. Asks what is spent.	Aware lack of personal money a problem. Spending is a big issue with partner.	Hides money or spending but sees need as unfair. Considers learn money management.	Money, spending and control are shared or separate. More confident can manage money.	Continues to knows own finances. Equal say in spending and access to money in future.

Committed to Continuing (1)

Committed, but Questioning (2)

Considers Change: Abuse and Options (3)

Breaks Away or Partner Curtails Abusiveness (4)

Establishes a New Life - Apart or Together (5)