

domestic violence questionnaire 17 questions

Domestic Violence Questionnaire: 17 Questions to Help You Assess Your Situation

Are you concerned about your safety or the safety of someone you know? Domestic violence is a serious issue, and recognizing the signs can be the first step towards getting help. This article provides a 17-question domestic violence questionnaire designed to help you assess your situation. It's crucial to understand that this questionnaire is not a diagnostic tool. It's intended to be a starting point for self-reflection and a prompt to seek professional help if needed. This isn't about blame; it's about your safety and well-being. Let's get started.

Understanding the Scope: Why This Domestic Violence Questionnaire Matters

Before we delve into the questions, let's be clear about what constitutes domestic violence. It's not just physical abuse; it encompasses a wide range of controlling behaviors, including emotional, verbal, financial, and sexual abuse. These acts can be perpetrated by a spouse, partner, family member, or even a close friend. The goal of this questionnaire isn't to label you or your situation but to help you identify potential warning signs and empower you to take action. Remember, even one instance of abusive behavior is too many.

The 17-Question Domestic Violence Questionnaire: A Self-Assessment Tool

The following questions are designed to help you reflect on your experiences. Answer honestly, even if the answer is uncomfortable. There are no right or wrong answers. Your safety and well-being are paramount.

Part 1: Assessing Physical Abuse

1. Have you experienced any physical harm, such as hitting, slapping, kicking, or choking, from your partner or family member? (Yes/No)
2. Has your partner or family member ever threatened you with physical violence? (Yes/No)
3. Do you feel physically safe in your current relationship or living situation? (Yes/No)
4. Have you ever been injured as a result of an argument or conflict with your partner or family member? (Yes/No)

5. Does your partner or family member control your access to medical care or prevent you from seeking help when injured? (Yes/No)

Part 2: Assessing Emotional and Verbal Abuse

1. Does your partner or family member regularly criticize, insult, or humiliate you? (Yes/No)
2. Do you feel controlled or manipulated in your relationship? (Yes/No)
3. Does your partner or family member constantly belittle your accomplishments or make you feel inadequate? (Yes/No)
4. Do you feel afraid to express your opinions or feelings for fear of retaliation? (Yes/No)
5. Does your partner or family member use guilt or shame to control your behavior? (Yes/No)

Part 3: Assessing Financial and Social Control

1. Does your partner or family member control your finances, limiting your access to money or preventing you from working? (Yes/No)
2. Does your partner or family member control your access to friends, family, or social activities? (Yes/No)
3. Do you feel isolated from your support network due to your relationship? (Yes/No)
4. Does your partner or family member monitor your phone calls, emails, or social media activity? (Yes/No)

Part 4: Assessing Sexual Abuse

1. Have you ever been forced into unwanted sexual activity by your partner or family member? (Yes/No)
2. Do you feel pressured or coerced into engaging in sexual acts you don't want to participate in? (Yes/No)
3. Do you feel safe engaging in sexual activity with your partner or family member? (Yes/No)

Interpreting Your Results and Seeking Help

Answering "yes" to several of these questions may indicate a pattern of abusive behavior. This questionnaire is not a substitute for professional help. If you're experiencing domestic violence, it's crucial to seek support. There are resources available to help you. Don't hesitate to reach out to a domestic violence hotline, a therapist, a trusted friend or family member, or the police. Your safety is the priority.

Conclusion

This 17-question domestic violence questionnaire provides a framework for self-reflection and awareness. Remember, you are not alone. If you answered yes to several questions, please know that help is available. Taking that first step to seek assistance is a sign of strength. There are organizations dedicated to supporting victims of domestic violence, and they are ready to help you build a safer, healthier life. Please, reach out.

FAQs

1. Is this questionnaire a substitute for professional help? No, this questionnaire is a self-assessment tool and should not replace professional advice from a therapist, counselor, or other qualified professional.
1. What if I answer "yes" to only a few questions? Even one instance of abuse is unacceptable. If you're experiencing any form of controlling or abusive behavior, it's important to seek support.
1. Where can I find help if I'm experiencing domestic violence? Many resources are available online and in your community. Search for "domestic violence hotline" or "domestic violence resources" plus your location.
1. Is it safe to leave an abusive relationship? Leaving an abusive relationship can be dangerous. It's important to develop a safety plan with the help of a domestic violence organization or counselor.
1. Will my answers to this questionnaire be confidential? This questionnaire is for your personal reflection and does not collect or store your personal information. However, when seeking help from professionals, ensure you understand their confidentiality policies.

Additional Resources

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