

# Safe: Stopping Abuse For Everyone

Unique Client ID: \_\_\_\_\_

Assessment Type:  Pre  Post

Date Completed: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Sessions Completed: \_\_\_\_\_

Program Name: \_\_\_\_\_

Facilitator: \_\_\_\_\_

Please circle the number that best represents how much you **AGREE** or **DISAGREE** with each statement. Some items are coded in reverse. Mark only one choice for each statement. Thank you for participating.

	Strongly Agree	Agree	Disagree	Strongly Disagree
1. I am here to prevent another DV charge.	1	2	3	4
2. I have a problem I have to change.	1	2	3	4
3. I am ready to make changes.	1	2	3	4
4. I am here because the system is not fair.	4	3	2	1
5. My partner should be here instead of me.	4	3	2	1
6. I am part of the problem.	1	2	3	4
7. I need help to change.	1	2	3	4
8. I know the steps for using a Time-out.	1	2	3	4
9. I know when to use a Time-out.	1	2	3	4
10. I have used a Time-out in the past six months.	1	2	3	4
11. I understand how my past shaped who I am today.	1	2	3	4
12. I understand how my family shaped who I am today.	1	2	3	4
13. I understand how my friends shaped who I am today.	1	2	3	4
14. I know the parts of the cognitive chain.	1	2	3	4
15. I can identify my high-risk situations for engaging in abusive behavior.	1	2	3	4
16. I have plans in place to <i>avoid</i> high-risk situations.	1	2	3	4
17. I have plans in place to <i>cope</i> with high-risk situations.	1	2	3	4
18. I know how to dispute my high-risk beliefs.	1	2	3	4
19. I can identify my high-risk triggers for abusive behavior.	1	2	3	4
20. I know how I use power and control in an abusive way.	1	2	3	4

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	Strongly Agree	Agree	Disagree	Strongly Disagree
21. I have strategies in place to avoid using power and control in an abusive way.	1	2	3	4
22. I know how to handle criticism effectively (I can hear the criticism without becoming defensive or abusive).	1	2	3	4
23. I know the nine steps to negotiation.	1	2	3	4
24. I know the steps to problem solving.	1	2	3	4
25. I have used problem solving in the past six months.	1	2	3	4
26. I have identified a support person to help me avoid another DV charge.	1	2	3	4
27. I have a relapse prevention plan that details high-risk situations and how to <i>avoid</i> them.	1	2	3	4
28. I have a relapse prevention plan that details high-risk situations and how to <i>cope</i> with them.	1	2	3	4
29. My support person understands my relapse prevention plan.	1	2	3	4
30. I believe I can control my behavior.	1	2	3	4
31. I believe I can't control others.	1	2	3	4
32. I believe others can't control me.	1	2	3	4
33. I understand how alcohol use might lead to abusive behaviors.	1	2	3	4
34. I understand how drug use might lead to abusive behaviors.	1	2	3	4
35. *As for my situation that got me into this group, I believe:				
He/She had it coming.	4	3	2	1
He/She likes the abuse in some way.	4	3	2	1
He/She is a control freak.	4	3	2	1
He/She doesn't appreciate the good things I do for him/her.	4	3	2	1
He/She doesn't take care of me.	4	3	2	1
He/She made me do it.	4	3	2	1
It was no big deal. It was just a fight that got out of hand.	4	3	2	1

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	Strongly Agree	Agree	Disagree	Strongly Disagree
35. *As for my situation that got me into this group, I believe:				
He/She hit me too.	4	3	2	1
He/She hit me first.	4	3	2	1
He/She kept bugging me and pushed me over the edge.	4	3	2	1
He/She is a liar.	4	3	2	1
He/She is a cheater.	4	3	2	1
He/She needed to be put in his/her place for disrespecting me.	4	3	2	1
36. I know how to manage my jealous thoughts and feelings.	1	2	3	4
37. I am overly dependent on my partner.	4	3	2	1
38. I know how to use “thought stopping” to deal with over-dependency.	1	2	3	4
39. I know what passive communication is.	1	2	3	4
40. I know what aggressive communication is.	1	2	3	4
41. I know what assertive communication is.	1	2	3	4
42. I have practiced using assertive communication.	1	2	3	4
43. I feel confident I can avoid abusive behaviors in the future.	1	2	3	4
<b>Average (Total ÷ 43) =</b>				

\* Calculate the average for all of the items within question #35. This average value will serve as the score for question #35.

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*Please indicate how you would respond to the situations below:*

You come home after a long day of work and the house is a mess. Your partner meets you at the door and starts yelling at you. How do you respond?

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Your partner decides to go out with friends. He/She comes home later than he/she said and has been drinking. What thoughts do you have? What happens as a result of those thoughts?

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You tell your partner that you want to go out with your friends. He/She tells you that you can't, as you don't have the money for a night of drinking and hanging out. What are your thoughts about this and what do you do?

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You are at home on a weekend. Your kids are acting up and your partner says he/she needs a break. He/She comes home after a period of time that you think is longer than necessary. When you ask where your partner was, he/she tells you "None of your business." What are your thoughts? What do you do next?

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You've been saving for months for a special project. You go to the bank to withdraw the money and discover your partner has already withdrawn more than half of your savings to pay for items he/she purchased recently. What are your thoughts? What are your emotions? What do you do when you get home?

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*Please indicate how you would respond in the situations below:*

You and your partner are entertaining friends. He/She makes a joke about you and everyone laughs at you. What are your thoughts? What are your emotions? What do you do next? What do you do once your friends leave and you and your partner are home alone?

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For a long time now, you have felt like you come last on your partner's list. He/She spends time with friends and spends most evenings helping the kids with homework. By the time you get time alone, he/she is ready for bed. You raise the issue with your partner and he/she tells you that you are selfish and don't do enough around the house. What do you do next?

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You get into a verbal argument with your partner. As you argue, you begin to feel your jaw tighten, your fists clench and you can feel yourself getting hot. What happens next?

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Think of the last altercation you had with your partner. If you had to do it over again, how would you handle it?

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