

## Have I experienced Domestic Abuse?

The purpose for this is to work out if you've experienced Domestic Abuse.

Instructions: Follow the example using the headings for your own events. Then give this to your doctor, therapist, mental health worker, advocate, support worker or other professional. You can also keep this for your own records. Use an extra sheet of paper if needed.

| EVENT  | WITNESSED OR EXPERIENCED | WAS I IN DANGER OR SOMEONE ELSE | HOW I REACTED, FELT, STILL FEEL                       |
|--|--------------------------|---------------------------------|---|
| EXAMPLE.<br>Partner snapped and punched me after calling me names.                   | Experienced              | Yes,                            | Shocked, scared, froze. Cried. Cowered. Still scared. |
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