

The Northwest Network
of Bisexual, Trans, Lesbian & Gay Survivors of Abuse

ASSESSMENT TOOL

Worksheet

Please use these worksheets with the Assessment Tool Instructions.

You may ask the following questions with regard to current and past relationships. Ask about what was going on with each response: what led up to it, what happened, what happened next, how it ended, how it was resolved, and what was the impact of the event. Again, **CONTEXT**, **INTENT** and **EFFECT** are what we are looking for, and it is important to ask about the impact of different incidents and behaviors. There is no expectation of going through every question. Take notes. The behaviors are in no specific order.

We do not recommend including this document in survivors' files.

I. Anger	
<i>What are you like when you are angry? How does your partner respond? What is the outcome?</i>	<i>What is your partner like when she is angry? How do you respond? What is the outcome?</i>
<i>How do arguments end in your relationship? How are they resolved? Does anyone leave?</i>	
<i>Have you ever prevented your partner from leaving during a fight? How? What happened?</i>	<i>Has your partner ever prevented you from leaving during a fight? How? What happened?</i>
<i>If your partner wanted to talk about problems at a time when you didn't want to, what would happen?</i>	<i>If you wanted to talk about problems at a time when your partner didn't want to, what would happen?</i>
<i>Other notes:</i>	

II. Using physical force/violence

Tell me about a time you used physical force with your partner. What led up to it? What happened next? How did it end? How was it resolved?

Tell me about a time your partner used physical force. What led up to it? What happened next? How did it end? How was it resolved?

Tell me about the first, last, worst time you were violent (used physical force, or insert a kind of force or violence identified in the conversation). What led up to it? What happened next? How did it end? How was it resolved?

Tell me about the first, last, worst time your partner was violent (used physical force, or insert a kind of force or violence identified in the conversation). What led up to it? What happened next? How did it end? How was it resolved?

What is the worst thing that's happened because of your violence/anger in this relationship?

What is the worst thing that's happened because of your partner's violence/anger in this relationship?

(for people who are still in relationship with their partner) What have the two of you done to deal with the violence that has happened? Do you have plans for how the relationship can heal from the violence?

Other notes:

III. Money and Resources

How are decisions about money made in your relationship?

Where do resources come from in the relationship? How was this decided? How is it renegotiated?

Do you worry about money? What do you do about your worries? What does your partner do about your worries?

Does your partner worry about money? What does she do about her worries? What do you do about her worries?

Can you tell me about the last time you made a big purchase?

Can you tell me about the last time your partner made a big purchase?

Other notes:

IV. Fear and Dread

How do you feel about coming home at night, or getting together with your partner? Why?

How do you feel when you have to give bad news to your partner? What happens?

What happens when your partner has bad news for you?

Are you afraid of your partner? Why or why not?

Do you think that your partner is afraid of you? Why or why not?

Other notes:

V. Lying

Do you feel you lie to your partner a lot? Why?

Do you feel your partner lies to you a lot? Why?

When was the first, last, worst time you lied to your partner? Why? What happened?

When was the first, last, worst time you realized your partner had lied to you? What happened?

Do you trust your partner? Why or why not?

Do you think your partner trusts you? Why or why not?

What was the worst thing that happened in your relationship because of a lie that you told?

What was the worst thing that happened in your relationship because of a lie that your partner told?

Other notes:

VI. Identities

Are you out in your community? Is your partner out? Is there tension in your relationship about being "out" or "passing"?

Would your partner say that you support her around her class, ethnic, racial or religious identities? Why or why not? Do you feel differently?

Do you feel that your partner supports you around your class, ethnic, racial or religious identities? Why or why not?

Other notes:

VII. Making choices

Do you feel that you are able to make decisions on your own?

Do you feel that your partner is able to make decisions on her own?

Do you trust your partner to make decisions for herself? For the two of you? Why or why not? Have you ever put down your partner's ability to make decisions or care for herself?

Do you think your partner trusts you to make decisions for yourself? For the two of you? Why or why not? Has your partner ever put down your ability to make decisions or care for yourself?

What is it like when you try to take a class, pursue your interests, etc.?

What is it like when your partner tries to take a class, pursue her interests, etc.?

Do you try to influence how your partner dresses or looks? How? What happens?

Does your partner try to influence how you dress or look? How? What happens?

Notes:

VIII. Isolation

What happened the last time you wanted to go out alone? with your partner?

What happened the last time your partner wanted to go out alone? with you?

What happened the last time you planned to go out together?

How often do you hang out with friends? What is that like? Is it more or less than before the relationship?

How often does your partner hang out with friends? What is that like? Is it more or less than before the relationship?

What would your friends say about this relationship?

Is the relationship a secret? Why?

Do you like your partner's friends? Why or why not?

Does your partner like your friends? Why or why not?

IX. Sleep

Have there been times when you stayed up past a time that felt okay to you? What happened?

Have there been times when your partner stayed up past a time that felt okay to her? What happened?

Do you and your partner have an agreement about going to bed mad? How did you come to this agreement? How do you feel about this agreement? How does your partner feel about it?

Have you ever tried to stop arguing and go to bed? What happened?

Has your partner ever tried to stop arguing and go to bed? What happened?

Do you ever wake up in the middle of the night needing to process? What happens?

Does your partner ever wake up in the middle of the night needing to process? What happens?

X. Sex

Have you ever felt pressure to have sex?

Do you think your partner has ever felt pressure to have sex?

Have you ever had sex with your partner when you did not want to?

Do you think your partner has ever had sex when she did not want to?

Have you ever made fun of or put down your partner's desires, fantasies, or sexual preferences? What happened?

Has your partner ever made fun of or put down your desires, fantasies, or sexual preferences? What happened?

Do you think your partner is being unfaithful? Do you feel she is overly flirtatious or sexual with her friends?

Does your partner believe you are faithful? Does she accuse you of having affairs, flirting, or being attracted to your friends?

XI. Staying and leaving

<i>Why do you want to make this relationship work?</i>	<i>Why do you think your partner want to make this relationship work?</i>
<i>What do you think would happen if you left this relationship tomorrow?</i>	<i>What do you think would happen if your partner left this relationship tomorrow?</i>
<i>Have you ever broken up before? What happened? How did you get back together?</i>	

XII. Blame, guilt & entitlement

<i>How much do you think you are responsible for what's happening in the relationship?</i>	<i>How much is your partner responsible?</i>
<i>What happens when you do something you are not proud of in your relationship?</i>	<i>What happens when your partner does something she is not proud of in your relationship?</i>

<i>Tell me about the last time you apologized for something in your relationship. What happened?</i>	<i>Tell me about the last time your partner apologized for something in your relationship. What happened?</i>
--	---

The advocates of the Northwest Network experience our work as a perpetual draft. We are engaged in an ongoing process of learning from our work with survivors, revising our analysis of domestic violence based on that learning, and then sharing that learning with other people surviving violence, advocates and communities. This process is on-going and, as a result, we are constantly reframing, revising and reworking all our tools and materials — including this one.

Please do not distribute this tool.

For more information, please contact:

The Northwest Network of Bisexual, Trans & Lesbian Survivors of Abuse Seattle, WA
(206) 568-7777(v) (206) 517-9670 (tty msg) www.nwnetwork.org info@nwnetwork.org

© 2005 Revision Connie Burk for the NW Network

Updated 7/05