
RESPONSE TO VIOLENCE INVENTORY:
STRATEGIES TO ESCAPE, AVOID, AND SURVIVE ABUSE*

Name: _____ Date: _____

Instructions: Ask the victim the frequency with which she has used each particular strategy. Then ask her what happened as a result of having used that strategy. Next, ask her to rate the effectiveness of the strategy for protecting herself from violence. Finally, if the woman did not use strategy, ask why she chose not to do so.

Frequency	Effectiveness Ratings
0	-2 = Very much worse
1-2	-1 = Somewhat worse
3-10	0 = No effect
11-20	+1 = Somewhat helpful
>20	+2 = Very much helpful

Frequency _____ **Effectiveness** _____

1. Calling police

What happened? _____

If not used, why not? _____

**2. Initiating contact/cooperating with state attorney to
criminally prosecute batterer.**

What happened? _____

If not used, why not? _____

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Frequency

Effectiveness

_____ **3. *Seek protective injunction order*** _____

What happened? _____

If not used, why not? _____

_____ **4. *Seek Divorce Action*** _____

What happened? _____

If not used, why not? _____

_____ **5. *Go to shelter*** _____

What happened? _____

If not used, why not? _____

_____ **6. *Seek help from a mental health professional*** _____

What happened? _____

If not used, why not? _____

Frequency

Effectiveness

7. Seek help from clergy or spiritual leader

What happened? _____

If not used, why not? _____

8. Seek help from social services

What happened? _____

If not used, why not? _____

9. Seek help from a women's support group

What happened? _____

If not used, why not? _____

10. Seek help from self-help group or other group

What happened? _____

If not used, why not? _____

Frequency

Effectiveness

_____ **11. Tell others about abuse/seek help to intervene** _____

What happened? _____

If not used, why not? _____

_____ **12. Escape threatening/violent situation** _____

What happened? _____

If not used, why not? _____

_____ **13. Separation** _____

What happened? _____

If not used, why not? _____

_____ **14. Hiding/disguising** _____

What happened? _____

If not used, why not? _____

Frequency

Effectiveness

15. Compliance with demands/anticipation of demands

What happened? _____

If not used, why not? _____

16. Fighting back

What happened? _____

If not used, why not? _____

17. Use children to protect/escape

What happened? _____

If not used, why not? _____

**18. Other strategies to escape, avoid, protect against
abuse or violence**

What happened? _____

If not used, why not? _____
