
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? _____

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? _____
