



Danger Assessment

Start Here: This tool was put together for individuals who feel they or someone they love may be in an abusive or dangerous relationship. The three assessments in this tool can point to potentially dangerous areas in your relationship.

1. You may be in an abusive relationship if:

This assessment is a tool to understand if you are in an abusive relationship. Relationship violence is anytime you or someone you know uses physical, emotional, sexual, or verbal force in an effort to control a person or situation. You or someone you know may be in an abusive situation/relationship if you answer yes to any of the questions in this assessment.

2. Your relationship may be dangerous if:

This simple assessment looks at nine common characteristics of more extreme, dangerous relationships. When two or more of these characteristics are seen together, there is reason to believe that there is an increased risk to you.

3. Indicators of a violent personality

These eighteen violent personality predictability indicators can be used to assess if your partner may have a tendency towards violence.

If you are concerned that this relationship may be painful, destructive, or abusive, there is hope. Call a trained advocate 24/7 at 928.445.HOPE (4673) to talk about the things that concern you. Remember, you are not alone.

There isn't a magic number of "yes" answers that creates a dangerous situation for you. However, these components when found together do tend to indicate reason for concern. In some cases, it takes all nine to create a high risk situation and in others, only one or two are sufficient to believe that you are at risk.

1. You may be in an abusive relationship if:

- Yes No Does your partner monitor your time and make you account for where you were and whom you were with?
- Yes No Does your partner accuse you of having affairs or is he or she suspicious of your relationship with your friends??
- Yes No Is your partner ever rude or demeaning to your friends?

- Yes No Does your partner ever discourage you from having friends?
- Yes No Are you starting to isolate in your current relationship?
- Yes No Does your current relationship dominate your time? Does your partner try to isolate you from your friends and family?
- Yes No Does your partner demand a strict accounting of your money?
- Yes No Is your partner critical of you and your friends?
- Yes No Does your partner's mood change radically, from calm to angry?
- Yes No Does your partner not want you to work?
- Yes No Does your partner pressure you for sex or become angry when you don't want to have sex?
- Yes No Has your partner ever pushed you?
- Yes No Has your partner ever threatened to kill him- or herself or you?
- Yes No Have you ever been baffled or confused by your partner's behavior?
- Yes No Has your partner ever slapped you?
- Yes No Has your partner ever driven recklessly with you in the car?

2. Your relationship may be dangerous if:

- Yes No Does your partner monitor your time and make you account for where you were and whom you were with?
- Yes No Does your partner have a history of assaultive behavior, threats of or attempted homicide or suicide? Has he/she discussed murder/suicide pacts with you?
- Yes No Is your partner withdrawn or depressed? Are there particularly stressful life events going on: unemployment, poverty, death of a loved one, job change (demotion or promotion), etc.? Does he/she have a history of mental illness?
- Yes No Does your partner have weapons or access to weapons?
- Yes No Does your partner express rage about you leaving?
- Yes No Is your partner obsessed with you? Does he/she feel he cannot live without you, is socially isolated, feels hopeless about the future without you?
- Yes No Is your partner involved with or addicted to drugs and/or alcohol?
- Yes No Is your partner stalking you? Does he/she harass you? Does he/she refuse to leave you alone?
- Yes No Is there an escalation in your partner's threats and/or actual physical violence?
- Yes No Does your partner have access to you? Does he/she know where you are and how to get to you?

3. Indicators of a violent personality

- ❑ **Inflexibility** - rigid, traditional thinking, religious, legalistic, unwilling to discuss ideas contrary to their own.
- ❑ **Weapons** - has them, talks about them, jokes about them, refers to them as objects of revenge.
- ❑ **Angry** - chronic anger, rage, easily angered, irrational anger.
- ❑ **Sad** - Depressed, heavy hearted, serious.
- ❑ **Hopelessness** - Pessimism, suicidal references, no possessions.
- ❑ **Identification** - Heroes or people held in esteem are violent, subscribes to/reads violent material.
- ❑ **Paranoia** - "People are trying to make me look bad, family hates me, I was always the black sheep, my coworkers screwed me, my ex had affairs, where were you?"
- ❑ **Being Right** - Must be right, must win, long debates to get point across and feel heard and be deemed right; won't let it be; even engages children; cannot give away any power.
- ❑ **Grievance** - History of turmoil, law suits, fights, even unreasonable grievances, restaurants, etc.
- ❑ **Crusades** - Very attached to a mission or crusade, one-man war.
- ❑ **Criticism** - Criticism is a major trigger, even reasonable and accurate feedback is disregarded and causes severe shame and rage, almost paralyzing.
- ❑ **Blame** - Everyone else and everything else is to blame. He or she is not able to own any personal responsibility for situations or behavior.
- ❑ **Law Enforcement** - Contacts with law enforcement either being called on or calling upon.
- ❑ **Focus** - Monitors behavior, activities of someone else. Evidence of monitoring or even obsessive behavior.
- ❑ **Contact** - Maintains contact with someone or entity even in the face of inappropriateness.
- ❑ **Others' Perception** - Other people are wary of person, has been fired or has held many jobs, has burned bridges, has no connect to relatives, few friends.
- ❑ **The Tail** - Do two or more of your closest friends or relatives feel afraid or like something isn't right?
- ❑ **The Family** - "You are the best thing that ever happened" "The ex really made life miserable, but you saved him/her" "Used to be in trouble all the time, but since you there has been a big turn around."

24/7 Helpline: 445.HOPE (928.445.4673)

All calls are kept confidential and callers may remain anonymous.