

# +EQUIP

That the man (or woman) of God may be thoroughly equipped for every good work

## **Assess for safety and sanity**

**Leslie Vernick**

“The prudent see danger and take refuge.” Proverbs 27:12

### **Key Point #1: Validate her biblical right to safety.**

If you suspect any kind of destructive relationships ask questions.

For example: Have you ever felt afraid in your relationship

Have you ever been pressured or forced to do something sexually you did not want to do.

Do you have the freedom to make your own decisions about who your friends are, where you go in your free time, how you spend your personal money

### **Key Point # 2: Look for patterns of Frequency and intensity: 4 questions (Lenore Walker PhD)**

When was the first time?

When was the last time?

What does a typical time look like?

What was the worst time?

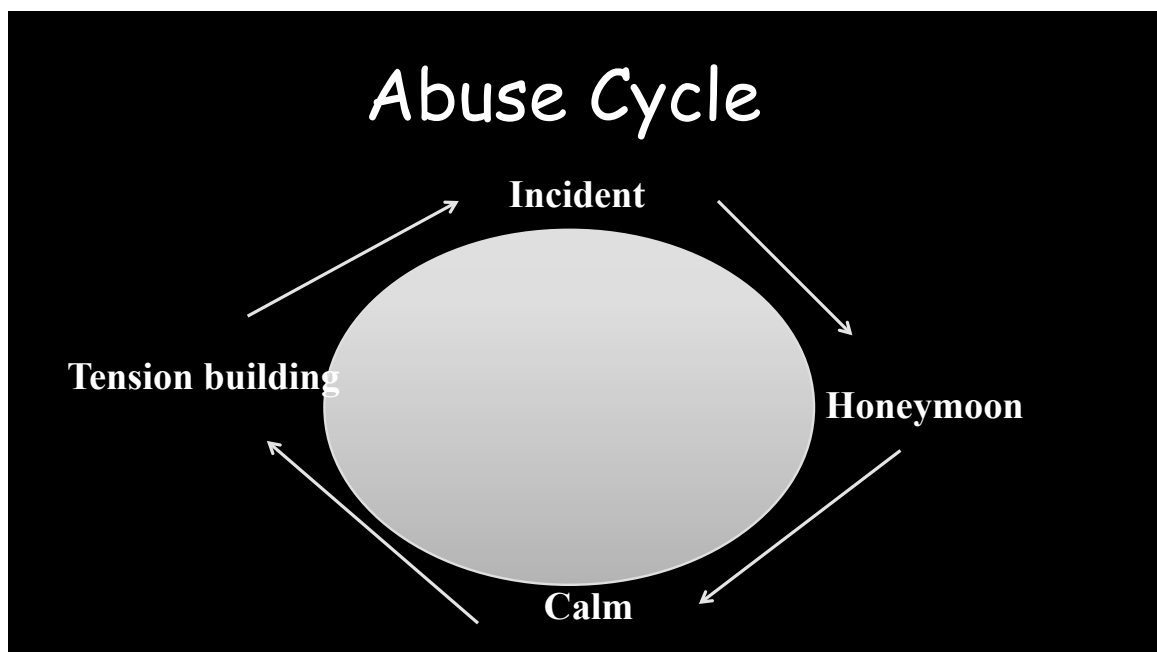
**Key Point # 3: Use acronym DANGER to assess other areas that elevate her risk of harm.**

**D – Divorce or separation**  
**A – Alcohol or drug use**  
**N – Narcissistic Tendencies**  
**G – Guns and weapons available**  
**E – Emotionally unstable (previous history)**  
**R – Rebellious, unwilling to be accountable or receive help**  
**O – Other violent behaviors in the past**  
**U – Unpredictable - Dr. Jekyll/Mr. Hyde**  
**S – Suicide or homicidal threats**

**Key Point # 4: Work with her to make a safety plan**

<http://www.focusministries1.org/help/safety-plan>

- Go over in detail the tension stage (or feeling threatened stage) of the abuse cycles. What are the patterns? He often feels MORE threatened as she grows stronger.



- Help her to notice when the tension is building and begin to implement her safety plan before the incident happens.
- Where will she go? How will she get her kids out? Who will she call? How will she prepare? What papers does she need?
  - Car keys? Extra set hidden somewhere
  - Extra clothes in trunk of car?
  - Signal for kids to leave the house immediately.
  - What doors have locks on them and can get to them?
  - Keep cell phone with her at all times, preprogrammed to 911.
- If the danger level is high or there has been any previous history of physical abuse or threats of homicide or suicide, consult with a professional to help with a safety plan. The Domestic Violence Hotline # is 1 800 799 SAFE

