

## **Assessing the Outcome of Help-seeking**

1. Is your extended family aware of the abuse? What has their response been?
2. Have you told anyone outside of the family about the abuse (friends, clergy, co-workers, doctor)? Was the response supportive of you?
3. Have you ever seen a counselor? Was the counseling helpful?
4. Has your partner ever seen a counselor? Was the Counseling helpful?
5. Have you ever left home as a result of the abuse? If so, when did this occur and where did you stay? Was this stay helpful to you?
6. Were you able to take the children with you when you left? If not, why?
7. Have the police ever been called for assistance? Who called? What was this like for you?
8. Have you ever gone to court to press charges or file a restraining order? What was this like for you?
9. Have you ever utilized a battered-women's program? What happened?
10. Have you tried to access help from anyone else? From whom? How did that work for you?
11. What do you think might work this time?

Adapted from National DV training manual