

101 ways to Ask Someone If They Are Safe

(not really 101 but it sounded good !)

First frame the Question...

1. "Domestic violence is so common that I ask all my female patients about abuse in the home..."
2. "It is our clinic (hospital) policy to ask about abuse in the home..."
3. "Violence in relationships often begins during pregnancy..."
4. "When young children present with symptoms like your son, I worry that he may be under some unusual stress, such as violence in the home..."
5. "Everyone has disagreements in their relationships..." "What happens when you and your spouse fight?"
6. "When a person has injuries such as yours, I worry about their safety..."
7. "Because violence is so common, I ask all my patients about it routinely..."
8. "Abuse in a relationship can cause health problems for you and your children. We find it important to ask about abuse in the home to fully address your health needs..."
9. "I don't know if this is a problem for you, but many of the women I see as patients are dealing with abusive relationships. Some are too afraid or uncomfortable to bring it up themselves, so I've started asking about it routinely."
10. "Almost one third of women are victims of violence at the hands of their intimate partner at some point in their life, so I'm asking all of my patients..."
11. "You mentioned that your partner loses his temper with the children. Does he lose his temper with you?"
12. "You mentioned that your partner uses alcohol (drugs). How does he act when drinking (on drugs)?"
13. "You seem frightened of your partner..."
14. "Your symptoms suggest you are under a lot of stress, is there any unusual stress in your life?"
15. "When someone's partner tries to do all the talking for them, as your boyfriend did, it concerns me..."
16. "Sometimes when others are overprotective and as jealous as you describe, they react strongly and use physical force. Is this happening in your situation?"
17. "Sometimes patients tell me that they have been hurt by someone close to them. Could this be happening to you?"
18. "I noticed that you have a number of bruises. Could you tell me how they happened?"
19. "Frequently we internalize our stress, creating physical symptoms, you may be doing this also - how is your relationship with your husband?"
20. "Since you're bringing home your new baby I want to be sure the home will be safe for her..."
21. "Someone in the community came to me concerned about your safety..."
22. "There are some questions that I ask all my patients because some of them are in relationships where they are afraid their partners may hurt them." Is this a concern for you?"
23. "Because violence is so common in many women's lives, I've begun to ask about it routinely."

24. "I notice you have a number of bruises; did someone do this to you?"
25. "There are some questions that I ask all my patients because some of them are in relationships where they are afraid their partners may hurt them."
26. "Your partner seems very concerned and anxious about you seeing me today..."

Then pair it with an appropriate direct question.

1. "Do you feel safe in your relationship/ home? "
2. "Are you being hit, kicked, punched or put down or hurt in any way?" ever ?
3. "Do you have any concerns about safety at home?"
4. "Has any one physically or verbally hurt you in the past, or now?"
5. "Is there a partner from a previous relationship who is making you feel unsafe?"
6. "Have you or your children ever been threatened or abused (physically, sexually or emotionally) by your partner."
7. "Does your partner force you to engage in sexual activities that make you feel uncomfortable?"
8. "Does your partner try to control what you do, where you go, your money or your relationships with your family or friends?"
9. "Does the person you love threaten to hurt you or your children?"
10. "Does the person you love say it's your fault if he hits you, then promises it won't happen again (but it does)?"
11. "Does the person you love put you down in public or keep you from contacting family or friends?"
12. "Does the person you love throw you down, push, hit, choke, kick, or slap you?"
13. "Are you in a relationship now with a person who physically hurts or threatens you?"
14. "Is this happening to you?"
15. "Is anyone in your home being hurt, hit, threatened, frightened, or neglected? "
16. "Has he ever hurt you?"
17. "Do you ever feel afraid at home? Are you afraid for your children? "
18. "Does he become abusive when angry?"
19. "Have there been times during your relationship when you have had physical fights?"
20. "Do your verbal fights ever include physical contact?"
21. "Does your partner consistently control your actions or put you down?"
22. "Was he responsible for your injuries?"
23. "How is your home life? Are you safe in your home?"
24. "Is your partner ever violent with you?"
25. "Are you in a relationship in which you have been physically hurt or felt threatened?"
26. "Have you ever been or are you currently concerned about harming your partner or someone close to you?"
27. "Have you ever felt afraid of your partner or ex-partner?"
28. "Has a partner or ex-partner currently or ever pushed, grabbed, slapped, choked or kicked you?"
29. "Has a partner or ex-partner currently or ever threatened to hurt you, your children or someone close to you?"
30. "Has a partner or ex-partner currently or ever stalked, followed or monitored you?"