



STEPPING STONES AGENCIES  
INTERVENTION & PREVENTION PROGRAM

## POTENTIAL DANGER ASSESSMENT

This simple assessment looks at nine common characteristics of more extreme, dangerous relationships. When 2 or more of these characteristics are seen together, there is reason to believe that there is an increased risk to you.

1. 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?
2. Is your partner **withdrawn or depressed**? Are there particularly stressful life events going on - unemployment, poverty, death of a loved one, job change either demotion or promotion, etc.? Does he/she have a history of mental illness?
3. Does your partner have **weapons or access to weapons**?
4. 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?
5. Does your partner **express rage** about you leaving?
6. Is your partner involved with or addicted to **drugs and/or alcohol**?
7. Is your partner **stalking** you? Does he/she harass you? Does he/she refuse to leave you alone?
8. Is there an **escalation** in your partner's threats and/or actual physical violence?
9. Does your partner have **access** to you? Does he/she know where you are and how to get to you?

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. In others, only one or two are sufficient to believe that you are at risk!!**

ALWAYS REMEMBER: MAKE CHOICES FOR ACTION THAT MAKE YOUR SAFETY AND THE WELL-BEING OF YOUR CHILDREN THE PRIORITY.

**Whether you just need to talk or you are trying to get out of an abusive relationship, you can call Stepping Stones Agencies' 24-Hour Help Line at 445-4673.**

**If you are in a dangerously abusive situation call 911 for assistance.**

[www.SteppingStonesAZ.org](http://www.SteppingStonesAZ.org)