



**i am you...  
and you are  
me**

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# SAFETY PLAN CHECKLIST: LIVING WITH AN ABUSIVE PARTNER

- Identified partner's use of force
- Identified partner's level of force
- Identified safe areas of my home
  
- Identified 24/7 accessible phone to use in case of an emergency
- Made list of emergency contacts, including local shelter(s)
- Shared my situation with trusted family and friends
- Developed a plan and/or visual signal with family/friends when I need help
- Taught my children how to get help
- Taught my children not to get involved in the violence between me and my partner
- Planned a code word with my children to signal them getting help or leaving the house
- Discussed with my children that violence is never okay in relationships

NOTES

Large blue rectangular area for taking notes.



# SAFETY PLAN CHECKLIST: LIVING WITH AN ABUSIVE PARTNER

- Discussed with my children that the violence is not their fault and they are loved
- Practiced how to get out safely with my children
- Back up plan is in place, in case my partner discovers my original plan
- All weapons are locked away and are inaccessible as possible
- My car is backed into the driveway
- My car has a full tank of gas
- My car's driver door is unlocked, while the other doors are locked at all time for a quick escape at any time

## NOTES

**Note: A safety plan is important to develop practical ways to remain safe while in a relationship, planning to leave, or after you leave. This safety planning checklist by Dialosophy is in no way a comprehensive list, because every 'overcomer' of violence and relationship is different. Please also utilize other web-based and local resources to complete your successful path to safety.**