



Domestic Violence Safety Plan: A comprehensive plan that will keep you safer whether you stay or leave

Kellie Jo Holly

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This is a comprehensive domestic violence and abuse safety planning workbook. It is designed to keep you safer whether you choose to leave or remain in your abusive relationship or marriage.

It is as important to protect yourself from the unseen abuses as well as the bruises you will most certainly receive if you choose to stay in your abusive relationship. Verbal, mental, and emotional abuse is domestic violence - you need a plan to keep your body and mind safe.

If you already experienced physical assault, it is important to leave the relationship as soon as you can. However, leaving immediately and permanently may not always be possible. The goal of this safety plan is to keep you safer until you can, or decide to, permanently leave your abuser.

Many people recommend this Domestic Violence Safety Plan to counselors, crisis line volunteers, nurses and triage workers, domestic violence groups and anyone who regularly talks with victims of domestic violence and abuse. Kellie wants victims of abuse to use this plan as the first step to healing from domestic violence and abuse.

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