



Empathy-Based Questions to Ask Someone Experiencing Relationship Abuse

- How are you feeling today?
- If you could change one thing in your life right now, what would it be?
- What resources do you think you need to support you?
- Are you safe at home or in your relationship?
- How can I best support you?
- You are not quite you today; want to talk about it?
- When you are experiencing challenges, how can I best support you?
- What do you need and how can we help you?
- What support do you need from me as your manager/supervisor?
- How are things going at home?
- How does your partner treat you at home?
- Are you in immediate danger?
- Are you afraid of your partner? Do you feel you are in danger?
- Do you feel safe in your relationship?
- How is your children's relationship with your partner?
- Would you be okay with me checking in periodically to ensure you are safe?
- What worries you most?
- Are you experiencing any anxiety as it relates to home?
- Is there anything occurring at home that is distracting you from work?

Remember: Never ask, "why don't you just leave?" We want to empower survivors!

Email me at Melody@CourageousSHIFT.com with any questions that may arise as you work to support employees experiencing domestic violence.

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Thank you for all of the work you are doing!

Be Courageous!

~Melody