

Handout 6.3: Identifying Harmless Reminders Survey

Client Initials: _____ Date: _____

Many formerly battered women continually avoid or try to escape from scary or anxiety-evoking events that are *not* dangerous in order to preserve or obtain a state of relief. Please circle the answers that best reflect how much you avoided the types of events listed below in the past month (the last 30 days). For each type of event that you escape or avoid, please provide an example of what you escape or avoid or the circumstances under which you do so.

1. Pictures of your abusive partner(s)

Don't avoid	Avoid slightly	Avoid moderately	Avoid considerably	Avoid completely
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Examples/under what circumstances?

2. Imagining yourself staring or looking at your abusive partner(s)

Don't avoid	Avoid slightly	Avoid moderately	Avoid considerably	Avoid completely
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Examples/under what circumstances?

3. Certain tastes, textures, or odors (for example, beer, cologne, sweat, or marijuana)

Don't avoid	Avoid slightly	Avoid moderately	Avoid considerably	Avoid completely
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Examples/under what circumstances?

4. Certain songs or types of music

Don't avoid	Avoid slightly	Avoid moderately	Avoid considerably	Avoid completely
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Examples/under what circumstances?

5. Certain kinds of movies or programs on TV

Don't avoid	Avoid slightly	Avoid moderately	Avoid considerably	Avoid completely
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Examples/under what circumstances?

6. Certain kinds of articles in newspapers or magazines

Don't avoid	Avoid slightly	Avoid moderately	Avoid considerably	Avoid completely
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Examples/under what circumstances?

7. Certain kinds of activities (for example, exercise, going to movies or restaurants, or taking showers)

Don't avoid	Avoid lightly	Avoid moderately	Avoid considerably	Avoid completely
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Examples/under what circumstances?

8. Going to certain places (for example, shopping malls, certain stores, the beach, or certain parks)

Don't avoid	Avoid slightly	Avoid moderately	Avoid considerably	Avoid completely
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Examples/under what circumstances?

9. Wearing certain kinds of clothes or makeup

Don't avoid	Avoid lightly	Avoid moderately	Avoid considerably	Avoid completely
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Examples/under what circumstances?

10. The telephone (for example, answering, keeping the phone turned on, or not changing your phone number)

Don't avoid	Avoid slightly	Avoid moderately	Avoid considerably	Avoid completely
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Examples/under what circumstances?

11. Disagreements, arguments, or conflict

Don't avoid	Avoid slightly	Avoid moderately	Avoid considerably	Avoid completely
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Examples/under what circumstances?

12. Showing emotional upset or raising your voice

Don't avoid	Avoid slightly	Avoid moderately	Avoid considerably	Avoid completely
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Examples/under what circumstances?

13. Other people's arguments

Don't avoid	Avoid slightly	Avoid moderately	Avoid considerably	Avoid completely
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Examples/under what circumstances?

14. Someone raising their voice or showing upset or anger toward you

Don't avoid	Avoid slightly	Avoid moderately	Avoid considerably	Avoid completely
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Examples/under what circumstances?

15. Expressing dissatisfaction or telling other people what you want or what you would like them to do

Don't avoid	Avoid slightly	Avoid moderately	Avoid considerably	Avoid completely
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Examples/under what circumstances?

16. Hearing someone swearing or using profanity

Don't avoid	Avoid slightly	Avoid moderately	Avoid considerably	Avoid completely
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Examples/under what circumstances?

17. Certain types of men (for example, certain body types, certain races, men in uniform, certain kinds of mannerisms, certain kinds of facial features, and so on)

Don't avoid	Avoid slightly	Avoid moderately	Avoid considerably	Avoid completely
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Examples/under what circumstances?

18. Certain family members, certain friends, or certain types of people

Don't avoid	Avoid slightly	Avoid moderately	Avoid considerably	Avoid completely
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Examples/under what circumstances?

19. Imagining yourself accidentally running into or seeing your abusive partner

Don't avoid	Avoid slightly	Avoid moderately	Avoid considerably	Avoid completely
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Examples/under what circumstances?

20. Imagining yourself seeing your abusive partner in court

Don't avoid	Avoid slightly	Avoid moderately	Avoid considerably	Avoid completely
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Examples/under what circumstances?

21. Displaying affection (for example, hugging, kissing, or giving compliments) or accepting compliments

Don't avoid	Avoid slightly	Avoid moderately	Avoid considerably	Avoid completely
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Examples/under what circumstances?

22. Other nondangerous things that you make efforts to escape or avoid

Don't avoid	Avoid slightly	Avoid moderately	Avoid considerably	Avoid completely
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Examples/under what circumstances?

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