


THE VIGOR

The **V**ictim **I**nventory of **G**oals, **O**ptions, & **R**isks

A Safety Planning Tool
to Help Survivors of
Violence Assess Their
Risk and Decide
How to Cope



The VIGOR helps you to develop a personalized safety plan for coping with violence and other life problems and can be used multiple times as your situation changes.

Of course, some problems are outside any one person's individual control. Especially, your partner's behavior is outside of your control. The outcomes of these steps cannot be guaranteed.

Domestic violence advocates know a lot about the options and resources in their own communities. They are based in domestic violence agencies and shelters. You might find it helpful to complete the VIGOR with an advocate, who can provide you with detailed information about the resources in your home town.

Identify Goals

Where would you like to be 6 months from now? What hopes do you have for yourself or your family? List your goals.

- 1.
- 2.
- 3.
- 4.

Identify Risks

First, think about the different problems you are currently dealing with. Most people who have been hurt by a partner face the risk of future physical danger. Other life areas need to be considered, too. They may not all apply to you; for example, not everyone has pets. The idea is to make a list that is unique to *you*.

Risk Category	Your Actual & Possible Risks (describe)
<u>Personal Safety</u> Physical, verbal, sexual safety & well-being	
<u>Others' Safety/Well-being</u> Children ** Family Pets Friends, others	
<u>Financial risks</u> Money issues related to work, school, moving, legal fees, bills, insurance, debt, etc.	
<u>Legal risks</u> Concerns about police, divorce, child protection, immigration, other legal actions	
<u>Social risks</u> Ways that your relationships with family, friends, co-workers, etc., might be affected	
<u>Psychological risks</u> Feelings you might have about your situation, emotional risks like stress or sadness	
<u>Other risks</u> Anything not covered by above categories	

List your biggest or most important risks:

- 1.
- 2.
- 3.
- 4.

** Note: If you tell about a child in danger from abuse, advocates must contact child protective services in most areas.

Identify Strengths and Resources

You may have more resources than you thought, or you may get some ideas about what you need in order to meet your goals.

Resource Category	Your Actual or Possible Resources (describe)
<u>Personal & Psychological</u> Ways in which you are strong and can keep safe. Include all kinds of strength, such as courage & faith	
<u>Housing resources</u> Access to safe place to live (own a home, name on a lease, affordable housing, etc)	
<u>Financial resources</u> Sources of income or other financial support.	
<u>Legal resources</u> Documents, legal help, or other things that can help you deal with courts & agencies	
<u>Social & community resources</u> People you can rely on in times of trouble. Include family, friends, AA or other 12-step programs, religious groups, or other organizations too.	
<u>Privacy & protection</u> Ability to increase privacy settings on computer, phone, or make home more secure.	
<u>Other resources</u> Things that can help you that are not included above.	

Identify Options

Thinking about your resources, start to identify your options and choices about what to do. Many choices can be used together. At this point, just put down all of the possibilities you might be willing to do.

Option Category	Existing & Potential Options (describe)
<p><u>Housing options</u> Stay with family or friends, rent apartment or other new housing, go to shelter, stay with partner</p>	
<p><u>Financial options</u> Open bank account, get job training, apply for job, start saving money, borrow money, sell items to raise money</p>	
<p><u>Legal options</u> Apply for order of protection/restraining order, file for divorce, seek full custody of children, crime victims compensation</p>	
<p><u>Social options</u> Join community group, talk to supportive friends/family, speak to clergy</p>	
<p><u>Psychological options</u> Join support group, individual or couples counseling, exercise, journal</p>	
<p><u>Community options</u> Work with advocate, job training, employment agency, apply for public assistance (TANF, food stamps, Medicaid, Medicare, state health insurance for children, etc.)</p>	
<p><u>Privacy & protection</u> Change privacy settings on social networking sites, change locks, change phone numbers & passwords, get prepaid phone</p>	
<p><u>Other options</u></p>	

Reflecting on Your Choices

You have identified your goals, risks, and options. Now, consider what you think are your best choices to create the best plan for you. **Remember, you can change your choices later if you want.**

List your biggest or most important risks (from p.2)

Write one thing you can do here:

<i>This choice helps with the following risks (describe):</i>

<i>This choice doesn't help with these risks (describe):</i>
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<i>Do I need anything I don't have right now in order to do this? How can I get what I need to do this?</i>

Something else you can do:

<i>This choice helps with the following risks (describe):</i>

<i>This choice doesn't help with these risks (describe):</i>
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<i>Do I need anything I don't have right now in order to do this? How can I get what I need to do this?</i>

Something else you can do:

<i>This choice helps with the following risks (describe):</i>

<i>This choice doesn't help with these risks (describe):</i>
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<i>Do I need anything I don't have right now in order to do this? How can I get what I need to do this?</i>

You can add more steps you want to take on the back if you want.