



*Redemption*  
*Restoration and Recovery*

Christ-Centered Domestic Violence Education,  
Counseling, Classes, Consulting & Training



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## Introduction

Thank you for attending. We appreciate your interest in the field of domestic violence.

Let us introduce you to some of the tools from the Redemption. Restoration. Recovery. (R<sup>3</sup>) Domestic Violence Service Providers Training Program.

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*“Open your mouth, judge righteously, defend the rights of the poor and needy” (Proverbs 31:9).*

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Our main goal is to put the Gospel of Jesus Christ onto the playing field of the domestic violence arena and put an end to domestic violence by reintroducing the basic principles of godly relationship, marriage, and family as defined by the Scripture – in the meantime, providing safety to the victims while **disciplining** the offender.

One of the most neglected realities of domestic violence counseling and advocacy is the consideration of the re-traumatization of the Judicial processes. This mandatory cause of action will cause a victim to be traumatized and re-traumatized as they navigate their way through not only the processes and the different court systems, but also the laws, the different courts and the effects of managing the different roles of the criminal system vs. the civil system – Their own attorney, the plaintiffs' attorney, the Best interest attorney or guardian ad litem, court appointed special advocate (CASA), and child welfare services - not to mention the judge – who can interpret the law and the situation as s/he deems appropriate... which is not always “appropriate” or fair – and in some cases has proven to be fatal for the victim and children.

This is not a field for the faint of heart – this is a battle zone that requires hands-on, well trained, Spiritually, emotionally, and physically fit, disciplined leaders who will guide, direct, support, comfort, encourage, and fight for justice – by leading the charge – on the front lines, not from the safety of the proverbial bleachers.

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*“Let the wise hear and increase in learning, and the one who understands obtain guidance... The fear of the Lord is the beginning of knowledge; fools despise wisdom and instruction” (Proverbs 5-7).*

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## Who are the perpetrators?

- As many as 95% of domestic violence perpetrators have been reported as male<sup>1</sup> However, other research has demonstrated that 4 out of 10 men were subject to violence by women.<sup>2</sup>
- In the United States, it is reported that men abuse women every 15 seconds. Research shows us that females abuse men at the rate of every 14.6 seconds.<sup>3</sup> In addition, nearly 43% of sexual assaults against men were perpetrated by women.<sup>4</sup>

## Is Pornography abuse?

The following is used by permission from the National Center on Sexual Exploitation and is from the U.S. Capitol Symposium, 2015.

- Within 15 seconds of typing "porn" into Google... cruel, abusive, violent and **free**.<sup>5</sup>
- Reading and viewing pornographic material (magazines, comics, films and videos) was linked to perpetrating sexual violence (both sexual harassment and forced sex) for both male and female adolescence.
  - Reading and viewing pornographic material was linked to being a **victim** of sexual violence (both harassment and forced sex) for female adolescents.
  - Reading and viewing pornographic material was linked to being a **victim** of forced sex for male adolescents. <sup>6</sup>

## The Effect of Domestic Violence on Children

- Whether or not children are physically abused, they often suffer emotional and psychological trauma from living in homes where there is abuse. Abusive and chaotic home life denies a child of a role model for relationship- marriage or with Christ.

## Impact on our Community

- The costs of intimate partner violence exceed \$5.8 billion each year, \$4.1 billion of which is for direct medical and mental health care services.<sup>7</sup>

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<sup>1</sup> Violence against women, 1995.

<sup>2</sup> A Report of the Violence Against Women Research Strategic Planning Workshop sponsored by the National Institute of Justice in cooperation with the US Department of Health and Human Services, 1995.

<sup>3</sup> Barber, C. F. (2008). Domestic violence against men. *Nursing Standard*, 22(51), 35-39.

<sup>4</sup> Weiss KG. Male sexual victimization: examining men's experiences of rape and sexual assault. *Men Masculinities*. 2010;12(3):275–298.

<sup>5</sup> Dines, Gail, (2015). Today's Pornography and the Crisis of Violence Against Women and Children. In: *A Public Health Crisis: How Pornography fuels sex trafficking, child exploitation, and sexual assault by the National Center on Sexual Exploitation. A collection of papers from Symposium held at the U.S. Capitol on July 14, 2015.*

<sup>6</sup> Bonino, Silvia, S. Ciairano, E. Rabaglietta, & E. Cattelino, (2006). Use of Pornography and Self-Reported Engagement in Sexual Violence Among Adolescents. *European Journal of Developmental Psychology* 3(3).

<sup>7</sup> Costs of Intimate Partner Violence Against Women in the United States. (2003). Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Atlanta, GA. Retrieved January 9, 2004. [http://www.cdc.gov/ncipc/pub-res/ipv\\_cost/IPVBook-Final-Feb18.pdf](http://www.cdc.gov/ncipc/pub-res/ipv_cost/IPVBook-Final-Feb18.pdf).

## Abusive Behavior Checklist

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### **Emotional Abuse**

- Frequently blamed or criticized you
- Called you names
- Ridiculed your beliefs, religion, race, class
- Blamed you for "causing" the abuse
- Ridiculed / made bad remarks about your gender
- Criticized or threatened to hurt your family or friends
- Kept you away from family and friends even those at church
- Abused animals
- Tried to keep you from doing something you wanted to do
- Got angry if you paid too much attention to someone or something else (children, friends, school, etc.)
- Withheld approval, appreciation or affection
- Threatened to have you deported
- Humiliated you
- Became angry if meal or housework was not done to their liking
- Made contradictory demands / changed the rules
- Did not include you in important decisions
- Lied about your immigration status
- Did not allow you to sleep, harassed you or threatened to tell others about things you have done in the past
- Took away keys, money or credit cards
- Threatened to leave or told you to leave
- Checked up on you (listened to your phone calls, looked at phone bills, checked the mileage on the car, etc.)
- Degraded you, made you feel insignificant, powerless and / or worthless
- Threatened to commit suicide

- Interfered with you going to work or school or church (provoked a fight in the morning, harassed you at work, etc.)
- Minimized or denied being abusive
- Embarrassed or humiliated you in front of other people
- Abused your children
- Broke dates and cancelled plans without reason
- Used drugs or alcohol to excuse their behavior
- Used phrases like "I'll show you who is boss", "I'll put you in line"
- Used a loud or intimidating tone of voice
- Criticized your body, weight, clothes or other aspects of your appearance

### **Financial Abuse**

- Made all the decisions about money or your job
- Took care of all financial matters without your input
- Criticized the way or amount of money you spent
- Did not allow you to send money to your family or placed you on a budget that was unrealistic
- Denied you access to bank accounts and credit cards
- Refused to put your name on joint assets
- Controlled your paycheck
- Refused you access to money
- Refused to let you work
- Forced you to sign papers in a language you did not understand
- Refused to get a job
- Refused to let you learn English as a second language
- Refused to pay bills
- Caused you to lose your job

### **Sexual Abuse**

- Pressured you to have sex
- Pressured you to perform sexual acts that made you uncomfortable or hurt you

- \_\_\_ Directed physical injury toward sexual areas of your body
- \_\_\_ Put you at risk for unwanted pregnancy or sexually transmitted infections
- \_\_\_ Withheld sex or affection
- \_\_\_ Used sexual terms as insults
- \_\_\_ Told anti-woman jokes or demeaned women verbally
- \_\_\_ Accused you of having sex with others
- \_\_\_ Forced you to have sex with others
- \_\_\_ Threatened to disclose your relationship when you did not want it known
- \_\_\_ Forced you to view pornography/Is a user of pornography
- \_\_\_ Pressured you to dress a certain way
- \_\_\_ Disregarded your sexual needs and feelings about sex
- \_\_\_ accused you of being gay if you refused sex
- \_\_\_ Spread rumors about your sexual behaviors
- \_\_\_ Made you or refused to let you use birth control
- \_\_\_ Made unwanted public sexual advances
- \_\_\_ Made remarks about your sexual abilities
- \_\_\_ Sexually assaulted or raped you

### **Using Children**

- \_\_\_ Made you feel guilty about your children
- \_\_\_ Used children to relay negative messages
- \_\_\_ Used children to report on your activities
- \_\_\_ Used visitation to harass you
- \_\_\_ Threatened to take custody of your children
- \_\_\_ Threatened to kidnap your children

### **Physical Abuse**

- \_\_\_ Slapped you
- \_\_\_ Pushed, grabbed or shoved you
- \_\_\_ Kicked you
- \_\_\_ Choked you

- \_\_\_ Pinched you
- \_\_\_ Pulled your hair
- \_\_\_ Burned you
- \_\_\_ Bit you
- \_\_\_ Tied you up
- \_\_\_ Forced you to share needles with others
- \_\_\_ Threatened you with a gun or a knife
- \_\_\_ Used a knife, gun or other weapon
- \_\_\_ Prevented you from leaving an area / physically restrained you
- \_\_\_ Made you lie about bruises, cuts, etc.
- \_\_\_ Threw objects
- \_\_\_ Destroyed property, possessions or important documents
- \_\_\_ Drove recklessly to frighten you
- \_\_\_ Disregarded your needs when you were ill, injured or pregnant
- \_\_\_ Abused you while you were pregnant
- \_\_\_ Forced you to abort a pregnancy

### **Spiritual**

- \_\_\_ Has hid your Bible
- \_\_\_ Has prohibited, threatened, intimidated you from attending church or church functions
- \_\_\_ Has prohibited you from joining Bible studies or attending retreats/conferences
- \_\_\_ Has attempted to make you "feel" remorseful or bad about attending church (that they are not "enough" for you).
- \_\_\_ Isolates you or will not leave you alone to fellowship with others
- \_\_\_ Has prevented you from attending church or functions at church
- \_\_\_ Misinterprets/Twists Scripture for his/her manipulation

The following section is the “Danger Assessment” and is to be done with victims and offenders **separated** especially if they are married or in a relationship where they are living together. This could have the potential of becoming a volatile situation if they live together and the abuse is at dangerous levels – use common sense and have a plan in place to immediately remove the victim and/or the offender from the home.

Do not allow a victim to take this assessment home. Ever. This tool is used for you to identify the immediate needs of you class and/or counseling participants – either the victim or the offender.

- The danger assessment works to show the victim that they are indeed being abused.
- The danger assessment works to show the offender that they are abusive.

Once the danger has been assessed, a personal safety plan must be put in place. Even when the victim has been removed from their home and put into a safe location – they may not be safe. Therefore, it is imperative that an ongoing safety plan is completed, modified to meet the new and pressing needs of the victim and the children- and especially the care-giver if they have been placed in a private-home or temporary shelter.

## Danger Assessment - Victim

### How serious is/was your abuse?

Circle the response that best describes your current or past relationship:

1.	Does he/she check up on you and want to know where you are at all times? Calling, texting; you, your friends or family?		
	Never – 0	Once or twice - 2	Frequently – 3
	All the time – 4		
2.	Is he/she jealous, and does he/she accuse you of having affairs with other men or women?		
	Never – 0	Once or twice - 2	Frequently – 3
	All the time – 4		
3.	Does he/she tell you that you are stupid, lazy, ugly, a rotten cook, a failure as a mother, wife or no good in bed, etc.?		
	Never – 0	Once or twice - 2	Frequently – 3
	All the time – 4		
4.	Does he/she call you obscene names?		
	Never – 0	Once or twice - 2	Frequently – 3
	All the time – 4		
5.	Does he/she tell you that no one else could ever love you?		
	Never – 0	Once or twice - 2	Frequently – 3
	All the time – 4		
6.	Does he/she try to keep you from seeing your family or friends?		
	Never – 0	Once or twice - 2	Frequently – 3
	All the time – 4		
7.	Do they control the family money so that you have to account for every penny or beg or do favors for money?		
	Never – 0	Once or twice - 2	Frequently – 3
	All the time – 4		
8.	Do they forbid or demand that you work or if you want to work, do they make it difficult for you?		
	Never – 0	Once or twice - 2	Frequently – 3
	All the time – 4		
9.	Do they tell you that no one would ever hire you?		
	Never – 0	Once or twice - 2	Frequently – 3
	All the time – 4		
10.	Do they keep you from driving the car (hiding car keys, etc.?)		
	Never – 0	Once or twice - 2	Frequently – 3
	All the time – 4		
11.	Do they have dramatic mood swings?		
	Never – 0	Once or twice - 2	Frequently – 3
	All the time – 4		

12.	Do they become angrier when they drink?		
Never – 0	Once or twice - 2	Frequently – 3	All the time – 4
13.	Do they try to make you have sex when you don't want to?		
Never – 0	Once or twice - 2	Frequently – 3	All the time – 4
14.	Do they force you to pressure you to commit sexual acts that are unholy, immoral or illegal (homosexual or otherwise)		
Never – 0	Once or twice - 2	Frequently – 3	All the time – 4
15.	Have they ever broken or damaged your home, possessions, or property?		
Never – 0	Once or twice - 2	Frequently – 3	All the time – 4
16.	Have they ever threatened to harm a pet?		
Never – 0	Once or twice - 2	Frequently – 3	All the time – 4
17.	Have they ever killed a pet?		
Never – 0	Once or twice - 2	Frequently – 3	All the time – 4
18.	Have they ever intentionally harmed a pet?		
Never – 0	Once or twice - 2	Frequently – 3	All the time – 4
19.	Have they ever locked you out of the house?		
Never – 0	Once or twice - 2	Frequently – 3	All the time – 4
20.	Do they force you to stay awake?		
Never – 0	Once or twice - 2	Frequently – 3	All the time – 4
21.	Do they slap, punch, kick, bite, choke, pull your hair or burn you?		
Never – 0	Once or twice - 2	Frequently – 3	All the time – 4
22.	Have they ever hurt you with an object or weapon?		
Never – 0	Once or twice - 2	Frequently – 3	All the time – 4
23.	Have they threatened you with an object or a weapon?		
Never – 0	Once or twice - 2	Frequently – 3	All the time – 4
24.	Do they endanger you or your children with reckless driving?		
Never – 0	Once or twice - 2	Frequently – 3	All the time – 4
25.	Do they neglect you or the children when you need medical attention?		
Never – 0	Once or twice - 2	Frequently – 3	All the time – 4
26.	Have they ever threatened to kill themselves, you, the children or other family members or friends?		

	Never – 0	Once or twice - 2	Frequently – 3	All the time – 4
27.	Have they ever been violent toward your children?			
	Never – 0	Once or twice - 2	Frequently – 3	All the time – 4
28.	Have they ever molested your children sexually?			
	Never – 0	Once or twice - 2	Frequently – 3	All the time – 4
29.	Are they violent towards anyone else in the family?			
	Never – 0	Once or twice - 2	Frequently – 3	All the time – 4
30.	Have you ever had to call the police or wanted to because you feared them?			
	Never – 0	Once or twice - 2	Frequently – 3	All the time – 4
31.	Have they ever been arrested for violence?			
	Never – 0	Once or twice - 2	Frequently – 3	All the time – 4
32.	When you tell them you are leaving – do they try to stop you? Either by force or intimidation or even coercion (crying, saying they will change or that they are sorry?)			
	Never – 0	Once or twice - 2	Frequently – 3	All the time – 4

**To learn how serious your abuse is/has been, please total your points.**

0 – Healthy Relationship  
15-36 – Abusive  
37-93 – Seriously Abusive  
1-14 – Unhealthy  
94+ - Dangerously Abusive

## Safety Plan

### Providing victims safety is the first, utmost priority.

Knowing the reason why you need a plan for safety is the first obstacle. Interesting to note is that most people do not have a plan for safety – whether they are in an abusive situation or not. What if your house caught on fire? Would you know what to take with you? What if you were a victim of a home invasion – what is your safety plan for you and your family?

It is advisable that everyone have a safety plan in place. Here are some key factors to consider in cases of domestic violence – as victims of violence and also to establish a plan of safety for all advocates who may find themselves on the scene of an active domestic violence situation:

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### In Your Home

- ❖ Stay away from the kitchen (knives, weapons and lack of exit)
- ❖ Stay away from bathrooms, closets or small spaces where there is no exit
- ❖ Get into a room with a door, window or other escape option
- ❖ Get to a room with a phone to call for help – lock the abuser outside if possible
- ❖ Call 911
- ❖ Run to a neighbor or a friend
- ❖ If a Police officer comes get his name & badge number

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### Be Prepared

- ❖ Keep a phone in a room that you can lock from the inside; if you can, get a cell phone that you keep with you at all times
- ❖ Change the locks if the abuser moves out/leaves
- ❖ Get locks on your windows
- ❖ Plan an escape route out of your home; teach it to your children
- ❖ Know where you will go when you escape
- ❖ Ask your neighbors to call the police if they see the abuser at your house; make a signal for them to call the police, for example, if the phone rings twice, a shade is pulled down or a light is on.
- ❖ Pack a bag and put it with a friend or relative that you can trust. Include clothing, checkbook, ATM card, and extra set of car/house keys, jewelry, pictures, and kid's favorite blanket/toys.
- ❖ Put important documents in a binder (Copies if you must) include: court papers, passports, birth certificates, medical records, medicines, immigration papers, life insurance, credit card information, bank statements, car titles, immunization and school records, marriage and divorce certificates, divorce paperwork, copies of

Social Security Cards, Medication labels, Driver's License (abusers as well if you can safely acquire it) pictures of children/abuser- recent, copy of your lease/house papers, address book, medical records for the entire family.

- ❖ Get a new and unlisted phone number
  - ❖ Block caller/block caller ID
  - ❖ Use an answering machine/voice mail to screen calls
  - ❖ Take self-defense courses
  - ❖ If you leave and need to come back – call Sheriff or Law enforcement and tell them your situation – ask them to provide you with a Civil Standby and do not appear at the home until they arrive to assist you. They will stay with you until you have safely retrieved what items you came to retrieve.
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### Protecting your children

- ❖ Teach them not to get in the middle of a fight. Even if they want to help
  - ❖ Teach them how to get to safety, to call 911, to give your address and phone number to the police
  - ❖ Teach them to call for help
  - ❖ Tell them to stay out of the kitchen
  - ❖ Give the principal at the school or the day care center a copy of your court order; tell them not to release your children to anyone without talking to you on the phone; give them a photo of the abuser
  - ❖ Make sure the children know who to tell at school if they see the abuser
  - ❖ Make sure that the school knows not to give your address or phone to anyone
  - ❖ Give a copy of your Order of Protection (OOP) to your Home Owners association, if there is a gate code, have them change it or disarm the abusers remote entry
- 

### How to protect yourself outside the home

- ❖ Change your route daily/nightly
  - ❖ Get rides with different people
  - ❖ Shop and bank in a different place
  - ❖ Cancel any and all shared bank/credit accounts
  - ❖ Keep your OOP and emergency numbers with you at all times
  - ❖ Keep a cell phone with you at all times
- 

### Work Safety

- ❖ Keep a copy of your court order at work
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- ❖ Give a picture of the abuser to security and friends at work
  - ❖ Tell your supervisor
  - ❖ Don't go to lunch alone
  - ❖ Ask a security guard to walk you to your car or to the bus
  - ❖ If the abuser calls you at work, save voice mail and save the emails
- 

Remember: DOCUMENT EVERYTHING and:

- ❖ Get medical help
  - ❖ Take pictures
  - ❖ Document everything – keep a journal with all episodes of violent/abusive behavior- time, dates, locations, as much information as possible and put it where it cannot be found
  - ❖ Call a domestic violence shelter or your church
  - ❖ See appendix for additional phone numbers and counseling information, shelters, resources, etc.
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### Internet Safety

When assisting a woman to plan to stay safe, the two most common mistakes are not taking into account the internet and change of address forms.

On the Internet, there are four types of identifying information which can be used to locator and individual: Name, Social Security number, telephone number and address.

Information available on the Internet includes:

- ❖ Name, including a woman's maiden name.
- ❖ Address, even confidential ones.
- ❖ Phone number, even non-published.
- ❖ Social Security number, including where and when you obtained it.
- ❖ Criminal record
- ❖ Motor Vehicle record.
- ❖ Workers Compensation records
- ❖ Credit report
- ❖ Public records
- ❖ Names, addresses, phone numbers, length of residency of your neighbors
- ❖ Professional licenses
- ❖ Education
- ❖ Military
- ❖ Employment
- ❖ Personal References

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Information gets on the internet by:

- ❖ Entering information on websites (i.e. to obtain credit, to order purchases on-line, etc.).
  - ❖ Businesses selling customer information to other businesses.
- 

Some effective ways of remaining safe include:

Relocate to a safe location if you have any concerns for your safety or that the abuser may learn of your plan to change your name. Do not assume that if the abuser is in another city/state that you are automatically safe.

- ❖ Do not stay with family or friends, as this is the first place an abuser will look. It also places them in danger.
  - ❖ If you do relocate, inform law enforcement of why you are leaving, that you are leaving of your own free will, and that you are safe.
  - ❖ Do not tell them where you are going.
  - ❖ If you hear of anyone asking questions or contacting you directly, again notify law enforcement and move immediately
  - ❖ Once you are in a safe place, get into Christian counseling. Not only are you dealing with the abuse, its effects, and your feelings, but you are also are dealing with the stress and emotions of grief and loss.
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Post Office – Change of Address

- ❖ Do not file a forward or address correction notice. Addresses are one piece of information businesses will sell to other businesses.
  - ❖ Write or call the people you trust and whom you want to have your address
  - ❖ Ask them not to give it out
  - ❖ Post office boxes are generally safe and less easy to trace.
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Cash ONLY

- ❖ Do not use checks or credit cards. They are traceable. Additionally, they contain information that businesses will sell.
  - ❖ Cash transactions only
- 

Use a non-published phone number.

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- ❖ This differs from non-listed. Non-listed means your number is not in the phone book or directory assistance.
  - ❖ Non-published means that unless you give out your number, no one can get it. Again, this is a piece of information that businesses will sell.
  - ❖ Only give your number to people you trust.
- 

If at all possible, sell or trade your car.

- ❖ Get a new license plate
  - ❖ Have someone the abuser does not know put the car in his or her name, or use public transportation
  - ❖ Check into record confidentiality of motor vehicle records or a non-disclosure statement.
- 

Change your appearance

- ❖ Wear your hair up or down, wear a wig, wear a hat, or no hat, change your hair color and cut
  - ❖ Wear glasses or contacts
  - ❖ Change eye color
  - ❖ Change style of clothes etc.
  - ❖ Do everything different.
- 

\*\*With a copy of a protective order, the post office will not release the name, address or telephone number of the holder of the post office box. Even for criminal investigations, law enforcement and other governmental agencies must get a court order, a subpoena, by itself is not sufficient.

After you put in a change of address order, to check its accuracy, the Postal Service will send a post card to the previous address to ask if the change of address is accurate. This is extremely dangerous for a battered woman who has left her abuser. To prevent a confirmation letter from being sent to the old address, the woman should go to the Post Office with a letter from a domestic violence shelter, an order of protection or with an advocate. She should ask to speak to the supervisor or the Post Master and requests a change of address without a confirmation letter.

Check with [www.usps.com/moversnet](http://www.usps.com/moversnet) or call 800-275-8777 for more information.

## Personalized Safety Plan

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*"The horse is made ready for the day of battle, but the victory belongs to the Lord" (Pr. 21:31).*

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The following steps represent my plan for increasing safety and preparing in advance for the possibility for further violence. Although I do not have control over my spouse's violence, I do have a choice about how to respond to him/her and how to best get myself and my children to safety.

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If I decide to leave, I will: \_\_\_\_\_ (practice how to get out: What door will you use, windows, elevators, stairwells, or fire escapes).

I can keep my purse and car keys ready and put them (location) \_\_\_\_\_

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I can trust \_\_\_\_\_ with this information and request that they call the police if she/he hears suspicious noises coming from my house.

I can teach my children how to use the phone to contact police, fire, and 911.

If I have to leave, I will go: \_\_\_\_\_

I will use \_\_\_\_\_ as a code for my children, friends and/or family to call police. Example: "Have you seen the *red notebook*?" "Go get my *red notebook* out of the car... from the next-door neighbors... from outside..." "Mom, did Janie leave her *red notebook* at your house?"

If I have to leave my home, I will go to: \_\_\_\_\_

I will also teach some of these strategies to some or all of my children.

When I sense an argument, I will move to a low risk area such as:

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I will make an extra set of car/house keys and put them: \_\_\_\_\_ so that I can run out the door if needed.

I will make a notebook that contains the following documents: Birth Certificate/naturalization papers, House papers/Lease, Bank account numbers, checks, credit cards and/or numbers, social security cards, marriage certificates, passports, Keys, List of medications, welfare identifications, money, medical records, address book with passwords, etc., pictures (make copies of yours and the abusers – this will be most important when filing for protection orders), School documents, immunizations, and:

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I will open a checking/savings account for myself, in private that only \_\_\_\_\_ will know about.

I know that my cell phone has a retrieval system for phone calls that I make – therefore, I will contact my service provider to let them know I need to block this information from my abuser (an OOP might be needed). Or I will get a “burner” phone or establish new service to use after I leave.

When I leave, I have established where I will go by calling these people/places to make arrangements: \_\_\_\_\_

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I have established my safety plan and will get a friend, family member or advocate rehearsing it with me each: \_\_\_\_ day \_\_\_\_ week \_\_\_\_ 2x/wk.

I WILL rehearse this with my children\*\*.

\*\*If you have small children or fear that they might be tempted to let the abuser in on your plans... rehearse this plan as a means of “escape in case of fire, burglary, home invasion, etc.” in a manner consistent with “As seen on TV” type program.

Safety first!

Change locks on the doors (This can ONLY be done after an OOP has been filed).

Install security systems: window dowels (cut wood to place in windows to prevent opening), cameras, etc.

Purchase rope ladders to hang out windows for easier exits.

Install smoke detectors and fire extinguishers for each room in the house.

When I feel that an argument is coming on and cannot leave, I will go to \_\_\_\_\_ room in the house, because it is safe. (Not the kitchen or bedroom where there are guns, knives or weapons, not a room without a window for an easy escape – living room, family room, garage, somewhere where you can get out if the situation escalates).

I will NOT be afraid to call 911.

I will give notarized documents as required to give permission to schools, medical releases, etc. for the following people to pick up my children from school or to give medical treatment (Names/Phone numbers):

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When the offender has left and the OOP has been filed, I will notify my friends, neighbors and \_\_\_\_\_ to call police if they see them around my home, the kids school, our church (you might have to attend a different church for the time being while they are being disciplined by the church or if no church discipline is taking place).

I will file an Order of Protection. I will have them served and I will give copies to everyone that I believe will help to keep them away from me and my family.

I will check to make sure that my order is on the registry. The telephone numbers for the county and state registries are:

County: \_\_\_\_\_ State: \_\_\_\_\_

If they violate the OOP in any way I will call 911 immediately- BEFORE calling anyone else.

Working or doing daily duties (taking kids to school, shopping, etc.).

I will move if at all possible.

I will take a new route to work/school/etc.

I will change the kid's school or home school, etc.

I will keep my cell phone on me, charged and on at all times.

I will take a new/different route to the store, church, school and work each day.

I will not leave the house after dark or at dusk when I would have to return home after dark.

I will NOT call, text, email or have any social media contact with the offender at any time, in any way.

I will delete all social media accounts (including my children's) – DON'T JUST HAVE THEM BLOCKED! They will set up a new account and "friend" you another way or ask their friends about you... it is best to **DELETE them ALL!**

I will develop my exit strategy with: \_\_\_\_\_

I will practice my exit strategies: the argument, the escalation, the exit.

## Judicial System - Overview

The legal system is divided into two distinct parts: the civil system and the criminal system. The figure below presents a summary of the differences in the two systems.

	Civil	Criminal
Purpose of the Action	To resolve disputes between individual and to compensate for injuries	To punish acts that are disruptive of social order and to deter similar acts
Burden of Proof Required	"Greater Weight of evidence" – it must be shown to be more likely than not that the act in question occurred	"Beyond a Reasonable Doubt" – this is a higher standard of evidence than in a civil case
Remedies or Penalties	Remedies: Money damages or injunctive relief, ordering a defendant to do or refrain from doing something	Penalties: Incarceration, fines, restitution, probation during which certain conduct may be required or prohibited by a prosecuting attorney. The defendant retains a private attorney or public defender or may represent himself.

# Depravity and Repentance

## Born-Again Christian

**1 John 4:20-21** And this commandment we have from him: whoever loves God must also love his brother.

**2 Corinthians 5:17** Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

**Romans 8:9** You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you.

**John 13:34-35** A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another.

**John 10:27** My sheep hear my voice, and I know them, and they follow me.

**Luke 6:44** ...The good person out of the good treasure of his heart produces good

**Colossians 4:6** Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.

**1 John 3:18** My little children, let us not love in word, neither in tongue; but in deed and in truth.

**Galatians 2:20** I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

**Galatians 5:22-23** But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

**Ephesians 4:29** Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.

**Colossians 3:19** Husbands, love your wives, and do not be harsh with them.

## Intimate Partner Terrorist

**1 John 4:20-21** If anyone says, "I love God," and hates his brother, he is a liar; for he who does not love his brother whom he has seen cannot love God whom he has not seen.

**Matthew 23:28** So, you also outwardly appear righteous to others, but within you are full of hypocrisy and lawlessness.

**Romans 8:9** Anyone who does not have the Spirit of Christ does not belong to him.

**1 John 3:10** ...whoever does not practice righteousness is not of God, nor is the one who does not love his brother.

**Titus 1:16** They profess to know God, but they deny him by their works. They are detestable, disobedient, unfit for any good work.

**Luke 6:44-46**...and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks. "Why do you call me 'Lord, Lord,' and not do what I tell you?"

**Psalms 5:9** For there is no truth in their mouth; **their** inmost self is destruction; their throat and empty grave; they flatter with their tongue.

**Proverbs 3:31** Do not envy a man of violence and do not choose any of his ways, for the devious person is an abomination to the Lord.

**Psalms 55:20-21** My companion stretched out his hand against his friends; he violated his covenant. His speech was smooth as butter, yet war was in his heart; his words were softer than oil, yet they were drawn swords.

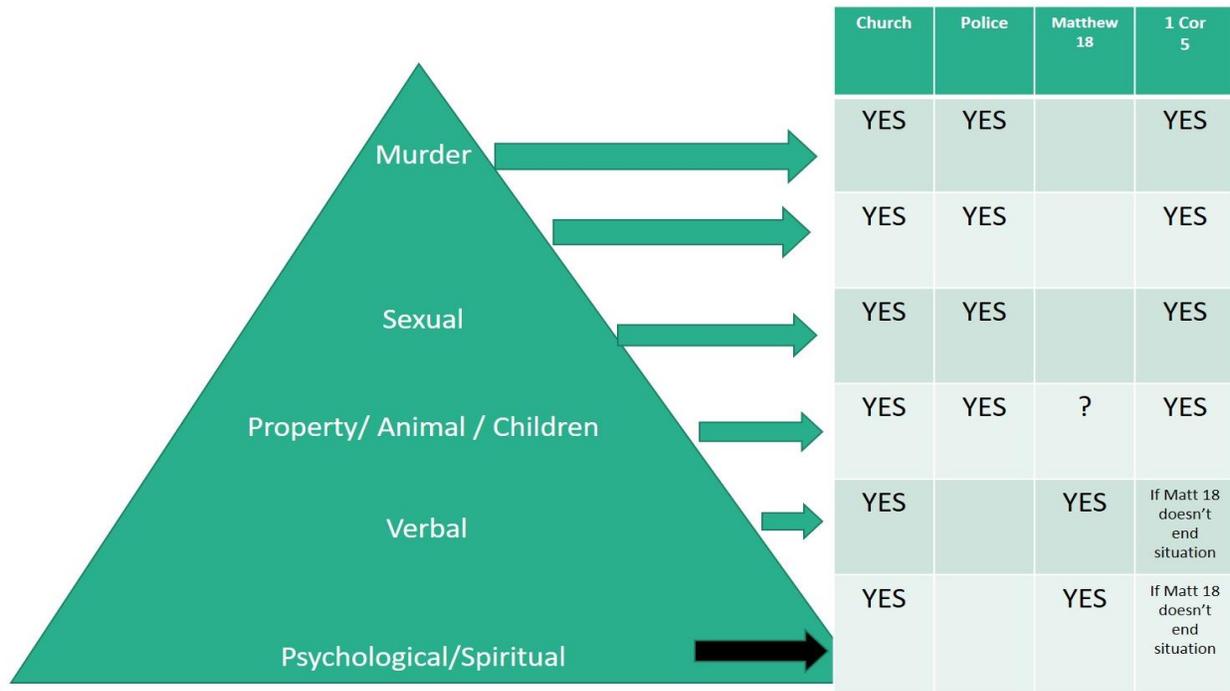
**Galatians 5:19-21** Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.

**Proverbs 6:16-18** There are six things which the LORD **hates**, Yes, seven which are an abomination to Him: Haughty eyes, a lying tongue, and hands that shed innocent blood, a heart that devises wicked plans, feet that make haste to run to evil, a false witness who breathes out lies, and one who sows discord among brothers.

**Psalms 11:5** The LORD tests the righteous, but his soul hates the wicked and the one who loves violence.

# Discipline

Domestic violence begins from the bottom of the pyramid working its way up.<sup>8</sup> At each step, it is the church’s responsibility to invoke discipline – including the judicial responsibility to notify authorities. For more evil sins and those who refuse to repent and come under the authority of the church, 1 Corinthians 5 is specifically applicable. Warning to all pastors- Most abusers will either be sociopaths/psychopaths or have many sociopath/psychopathic tendencies which will on full display before you and they are to be recognized for what they are – evil. Be on the



lookout for the following and do not fall for any of this.

1. Fake repentance
2. The abuser’s ability to lie and manipulate
3. The pity plays. The abuser wants to be seen as the victim.
4. His charm and ability to gather allies. Niceness
5. Excuses, excuses, excuses

“The Psychopath is often witty and articulate. It can be an amusing and entertaining conversationalist, ready with a quick and clever comeback, and can tell unlikely but convincing stories that cast itself in a good light. Psychopaths can be very effective in presenting [themselves] well and is often very likeable and charming.”

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*But now I am writing to you not to associate with anyone who bears the name of brother if he is guilty of sexual immorality or greed, or is an idolater, reviler, drunkard, or swindler—not even to eat with such a one. For what have I to do with judging outsiders? Is it not those inside the church whom you are to judge? God judges those outside. “Purge the evil person from among you.” (1 Cor. 5:11-13)*

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<sup>8</sup> Adapted from: Patricia Warford, Facing Nabal: Working with Men Who Abuse, Priscilla Papers, PP 28:1 (Winter 2014) p.12.

## About Redemption Restoration Recovery (R<sup>3</sup>). DV Services & Training

*“The fallow ground of the poor would yield much food, but it is swept away by injustice”  
Proverbs 13:23.*

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**Redemption. Restoration. Recovery. (R<sup>3</sup>) Domestic Violence Services and Training** is a subdivision of Cross Strength Ministries, a 501c3 non-profit organization and is expressly written for the purpose of training Christian individuals to be Christ-centered domestic violence service providers. Specifically, in the area of

1. Lay Counselor: A systematically trained, mature Christian who uses the gifts of the Spirit that s/he has been given to teach, reproof, correct, and train in righteousness – so that the wo/man of God may be complete, equipped for every good work (2 Tim. 3:16-17).
2. Lay-legal Advocate: One who aids in the filling out and filing of court documents as approved by the Bar Association and/or facilitates in coordinating and participating with the attorney.
3. Court Advocate: “Open your mouth for the mute, for the rights of all who are destitute. Open your mouth, judge righteously, defend the rights of the poor and needy” (Pr. 31:8-9). One who walks hand-in-hand with the victim throughout the entire judicial process.
4. Domestic Violence Class Facilitators: These teachers facilitate domestic violence support groups for victims OR offenders and using this manual, can also be offered to the court as a resource for mandated victims and offenders who are required to take these classes.

\*\* NOTE – Every one of the individuals on the domestic violence service provider’s team has, as their **FIRST AND FOREMOST RESPONSIBILITY** – to get the victim to a safe and confidential location where the abuser cannot locate them!

Our Christ-Centered curriculum meets the criteria for all court mandated victims and offenders and is being taught throughout the state of Arizona. We are one of the only Domestic Violence organizations that have programming for offenders.

*“The teaching of the wise is a fountain of life, that one may turn away from the snares of death.” Proverbs 13:14*

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Our goals:

To faithfully and thoroughly train individuals to have a comprehensive understanding of domestic violence, the court system, judicial processes, and the healing process through the redemption, restoration, and recovery found in reconciliation to our Lord and Savior, Christ.

To equip and train domestic violence class facilitators, court advocates, lay-legal advocates, and counselors who want to impact the epidemic of domestic violence with the Gospel of Christ through this comprehensive training and healing curriculum.

To place R<sup>3</sup> Domestic Violence Centers in every church, in every city, across the United States – making the church the ultimate domestic violence service provider – As God has already so ordained.

*“The faithful envoy brings healing” Proverbs 13:17b*

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We are a National program that offers a national network of resources such as legal services, attorneys, and shelter services, as well as ongoing training and a Christ-centered teaching curriculum and student workbook.

Along with providing domestic violence classes, counseling, court advocacy and training, we also do education, awareness, domestic violence and relationship workshops, and speaking engagements.

Please pray for our ministry and get involved. These are some more ways that you can help.

1. Become an R<sup>3</sup> Domestic Violence Service Provider. You will receive 40 hours of personal training from a 30-year tried and true certified and Christ-centered program. Program fees are \$300 per person or \$500 per married couple and all individuals must have a church or approved ministry sponsor – Unless they are professionals who work in the psychological, Christian counseling, legal or medical field.
2. Join our national network of service providers and receive continued training, discounts on all conferences, workshops, and seminars; A national envoy of service providers including shelter services, attorneys, counselors, advocates, class facilitators, and even insurance providers.
3. Make R<sup>3</sup> one of your church’s missionaries. We understand those who simply cannot become service providers – it is a true calling, for sure. But your monthly or annual sponsorship is necessary for those of us who are in on the battle field and those of whom we train for battle in this ministry each and every day. Some of our clients need transportation, food, clothing, and temporary hotel stays until we find them shelter. Some of our educational seminars are done at schools and our educators and class facilitators need to be reimbursed for their time, transportation, materials, and supplies. R<sup>3</sup> is completely 100% funded by private donations from Christian financial providers. You have our word that 100% of your funding goes to support R<sup>3</sup> and the Services that we provide.
4. Bring us in to speak and give our own personal testimonies on domestic violence and sexual assault – “Victim to Victory.” (The cost varies, but includes all incurred travel expenses).
5. Host a workshop or seminar at your church or ministry. The costs for our 1-day workshops or 2-day seminars are \$1100/day per speaker (this can be negotiated if necessary – but you’ll have to do the printing of our workbooks) plus travel expenses including airfare, car, and hotel. Please see our website or contact us for further information on the content and context of all of our educational opportunities.

For more information on Redemption Restoration. Recovery (R<sup>3</sup>) Domestic Violence Services and Training, free downloadable materials, including safety plans and danger assessments, make a donation, or how you can host a workshop or seminar contact us at:

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