

## **Tips for writing a statement**

1. Use the first sentence to tell the judge or commissioner the length and nature of your relationship with the respondent.
  - a. (Example: My husband, John, and I have been together for eight years, and married for five.)
2. In the **first paragraph**, tell the court about the most recent incident of violence. Be specific, including how you were hurt and what the injuries were. Use nouns.
  - a. Example: I was pushed across the room, causing me to lose my balance and fall;
  - b. ...hit with an open hand on the side of my head causing bruises;
  - c. ...held a fist to my face, making me feel like he was about to punch me.
3. In the **second paragraph**, tell about the next most recent incident. Be specific about dates and places as best as you can recall.
4. Begin the **third paragraph** by saying, "In the past they have..."
  - a. Then give a list of all physical or threatening acts you can remember in the course of the relationship.
  - b. You may be asked to provide dates.
    - i. Start with the most recent incident(s) and work backwards.
    - ii. Be sure to include the worst incident(s) in your statement.
5. Begin your **final sentence**, "I need this injunction because..." and then pick one of the following endings:
  - a. "...I fear for my safety."
  - b. "...I fear for my life."
  - c. "...I am afraid they will follow through with their threats."