



Please mark an x along the lines below for how rate each of the items today.

+	Continuum	-
I understand my issues/barriers.	_____	I do not understand my issues/barriers.
I understand my rights and family-related laws.	_____	I do not understand my rights and family-related laws.
I know what to do in an emergency.	_____	I do not know what to do in an emergency.
I have supportive people in my life.	_____	I have few supportive people in my life.
I am able to independently access community resources.	_____	I don't know where to go for help.
I have connected with other agencies and organizations for help.	_____	I have not connected with any other agencies and organizations for help.
I am able to protect my children from abuse.	_____	I am not able to protect my children from abuse.
I have self-confidence.	_____	I have low self-confidence.
I feel empowered.	_____	I feel powerless.
My family relationships are healthy.	_____	My family relationships are unhealthy.
I have healthy communication skills.	_____	I have poor communication skills.
I am able to cope with my issues effectively.	_____	I am not able to cope with my issues effectively.
Receiving services in my first language is helpful to me.	_____	I do not require services in my first language.

Do you have any additional comments? (Use back page if necessary)