

WRITING A RESTRAINING ORDER STATEMENT

Use the first sentence to tell the judge or court commissioner the length and nature of your relationship with the respondent.

- *My husband, John, and I have been together for eight years, and married for five.*

Then state the most recent incident of violence. Be specific, including how you were hurt and what the injuries were. Use verbs!

- *I was pushed across the room, causing me to lose my balance and fall*
- *I was hit with an open hand on the side of my head causing bruises*
- *He held a fist to my face, making me feel like he was about to punch me*
- *He threatened to kill me*

In the second paragraph, tell about the next most recent incident. Be specific about dates and places as best you can recall.

Begin the third paragraph by saying, "In the past they have..." Then give a list of all physical or threatening acts you can remember in the course of the relationship. You may be asked to provide dates.

Your final sentence should read: "I need this injunction because..." and then you may choose to pick one of the following endings:

- *I fear for my safety.*
- *I fear for my life.*
- *I am afraid he'll follow through with his threats.*

Attach any documents that will support your statement: copies of texts or emails, photographs, police reports.