

## **WRITING A RESTRAINING ORDER STATEMENT**

1. Use the first sentence to tell the judge or commissioner the **length and nature of your relationship** with the respondent. (ex. My husband, John, and I have been together for eight years, and married for five.).
2. In the first paragraph tell about the **most recent incident of violence**. Be specific, including how you were hurt and what the injuries were. Use verbs!  
  
(ex. I was pushed across the room, causing me to lose my balance and fall;  
...hit with an open hand on the side of my head causing bruises.  
...held a fist to my face, making me feel like he was about to punch me.  
...Threatened to kill me  
*This is to satisfy the requirement in the law of pain, injury, or threat of pain or injury.*
3. In the second paragraph tell about the **next most recent incident**. Be specific about dates and places as best you can recall.
4. Begin the third paragraph by saying, **“In the past he has...”** 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.
5. You may begin your final sentence, **“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.”**

