

# SHALOM TASK FORCE KALLAH TEACHER SCREENING

## THIS FORM SCREENS:

1. "Temperature" of Relationship
2. History, Trauma, and Attitudes
3. Mental Health Concerns

## FOCUS ON TWO ELEMENTS:

1. "How does this look?"  
(observations and reports of behaviors, patterns, etc.)
2. "How does this feel?"  
(self-awareness of intuition, feelings, and overall experience)

## DOMESTIC VIOLENCE:

A pattern of abusive behavior in an intimate relationship that is used by one partner to gain or maintain power and control over the other. Domestic violence can be physical, sexual, emotional, economic, or psychological actions or threats of actions that influence another person.

## RED FLAGS:

- Disrespect
- Dishonesty
- Being put down/ Criticism
- Temper
- Walking on eggshells/ Fear
- Control
- Possessiveness/ Jealousy



## "Temperature" of the Relationship:

1. How are decisions made? Who makes the decisions?

Examples - Where to go on dates, activities, etc.? Finances, Wedding planning, etc.?

2. What happens if you disagree?

3. How does he react to frustrations or if things do not go as planned?

Examples - Waiting for you to get ready for a date? Waiting to be served in a restaurant?

4. What are your expectations for getting along or conflict?

5. Do you take space in your relationship?

Examples - Does he check your whereabouts and get upset if you're not available? Does he try to limit your social groups and activities?

6. Do you have a support system?

Examples - Can you identify who you would go to for help? Does he put down your family or friends or try to isolate you from them?

7. Does he take responsibility for his own actions?

Examples - When he discusses conflict, is it always the other person at fault? Breach halacha and then blame you for tempting him or not encouraging him?

8. Does he put you down or do you find that you put yourself down to appease him?

9. Does he ask very personal questions, breach personal boundaries, or behave in flirtatious ways that make you feel uncomfortable?

10. Can he accept a "no?"

Example - He wants to see you but you have to study?



## History, Trauma, and Attitudes:

### VITAL INTRODUCTION:

**"I ask this to everyone, this is just to get a sense of what I need to focus on and so we are on the same page."**

**"I may be touching on sensitive information so please only share what you're comfortable sharing"**

**"I want you to know that I'm comfortable hearing anything you want to share."**

1. Is there anything you would like me to know about any relationship trauma you may have experienced in your life? Any sexual trauma?
2. Is there anything you would like me to know about your past?
3. Have you discussed family planning with your partner?
4. Are there any conversations that you and your partner have had that you would like me to know about?
5. Do you have any concerns about bedikot? Mikva? Wedding night? Anything else?

## Mental Health Concerns:

1. Do you or your partner have any anxieties or concerns that you would like me to know about?
2. How would you feel about reaching out to consult with a Rav, doctor, mental health professional?

**Provide some examples to normalize mental health issues or need for referrals:**

- "A lot of kallahs think their case is unusual, probably I and others have gotten many similar questions asked"
- "Even if I'm not an expert in certain areas, I can help direct you to the right person"
- "Some medications have side effects that may impact a relationship or intimacy."
- "Someone with anxiety or OCD might worry about Mikvah preparations"

