

## De-linking checklist

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You may wish to use this checklist to ensure you have severed all the financial links that you may have with the abuser.

<b>Income</b>	<b>Y/N</b>	<b>Notes</b>
Are you receiving all income in your own name and into your own bank account?		
Wages		
Benefits		
Pension (if applicable)		
<b>Housing</b>	<b>Y/N</b>	<b>Notes</b>
Have you broken all financial links with the abuser relating to your housing situation?		
Mortgage		
Tenancy agreement		
Council tax		
Utilities		
Subscriptions (eg TV package, streaming services)		
TV Licence		

<b>Financial products</b>		<b>Y/N</b>	<b>Notes</b>
Have you contacted the providers of any joint financial products?			
Bank accounts			
Credit cards			
Loans			
Insurance products			
Phone contract			
Car finance agreement			
<b>Credit report</b>		<b>Y/N</b>	<b>Notes</b>
You will need to disassociate from the abuser with all three credit reference agencies.			
Experian			
Equifax			
TransUnion			
<b>Other financial links</b>		<b>Y/N</b>	<b>Notes</b>