

**DV-700** Request to Renew Restraining Order

Clerk stamps below when form is filed.

**FILED**  
 Superior Court of California  
 County of San Francisco

JUL 10 2020

CLERK OF THE COURT  
 BY: L. J. [Signature]  
 Deputy Clerk

1 Name of Protected Person:  
 [Redacted]

Your lawyer in this case (if you have one):  
 Name: IN PRO PER State Bar No.: \_\_\_\_\_  
 Firm Name: \_\_\_\_\_  
 Address (If you have a lawyer for this case, give your lawyer's information. If you do not have a lawyer and want to keep your home address private, give a different mailing address instead. You do not have to give your telephone, fax, or e-mail.):  
 Address: [Redacted]  
 City: San Francisco State: CA Zip: [Redacted]  
 Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_  
 E-Mail Address: \_\_\_\_\_

Fill in court name and street address:

Superior Court of California, County of  
 SAN FRANCISCO  
 SAN FRANCISCO SUPERIOR  
 400 McAllister Street  
 San Francisco CA 94102

2 Name of Restrained Person:  
Michael [Redacted]

Describe that person: Sex:  M  F Ht.: 6'4 Wt.: 220  
 Race: White Hair Color: brown  
 Eye Color: green Age: 33 Date of Birth: 6/2/87

Fill in case number:  
 Case Number:  
 FDV-18-813693

3 I ask the court to renew the Restraining Order After Hearing (Form DV-130). A copy of the order is attached.  
 a. The order ends on (date): July 10, 2020  
 b. The order has been renewed 0 times.  
 c. I want the order to be renewed for (check one):  
 5 years  permanently

4 I ask the court to renew the order because: (Check all that apply. Explain why you are afraid of abuse in the future):  
 a.  The person in 2 has violated the order (explain what happened and when): Please see attached Declaration.  
 b.  I am afraid that the person in 2 will abuse me in the future because: Please see attached Declaration.  
 c.  Other (explain): \_\_\_\_\_  
 Check here if you need more space. Attach a sheet of paper and write "Form DV-700, Other" for a title.

I declare under penalty of perjury under the laws of the State of California that the information above is true and correct.  
 Date: 7/9/20  
 [Redacted Signature] \_\_\_\_\_  
 Type or print your name

**This is not a Court Order.**

VIA FAX

1 Declaration of [REDACTED] for Renewal of Restraining Order

2 I, [REDACTED], declare as follows:

3 1. I make all of the statements herein of my own personal knowledge, except as to those  
4 matters stated on information and belief, and as to those matters, I believe them to be true, and if called  
5 as a witness, could and would testify competently thereto.

6 REQUEST TO PERMANENTLY RENEW 2018 RESTRAINING ORDER AFTER HEARING

7 2. In 2018, Mr. [REDACTED] and I stipulated to the court's issuance of a 2-year CLETS  
8 Restraining Order After Hearing, which expires at noon on July 10, 2020. Based on Mr. [REDACTED]'s  
9 violations of that order and my ongoing fear (due both to his violations and to the severe violence that  
10 led to the restraining order), I am requesting a permanent renewal of that order.

11 BRIEF SUMMARY OF INCIDENTS LEADING TO 2018 RESTRAINING ORDER AFTER HEARING

12 3. As I detailed for the court in my March 29, 2018 supplemental declaration in support of  
13 my restraining order request, Mr. [REDACTED] was brutally violent to me during our relationship. In  
14 addition to his frequent verbal berating of me (so severe that a complete stranger slipped me a note when  
15 Mr. [REDACTED] went to the bathroom during our December 30, 2016 international flight to Iceland,  
16 telling me to run from Mr. [REDACTED] and get help and protection; she later submitted a declaration and  
17 agreed to testify at the hearing in support of my restraining order request), he slapped me and strangled  
18 me during sex on multiple occasions (despite my telling him not to do so and him promising never to  
19 do it again) and smothered me into unconsciousness.

20 4. As detailed in my March 29, 2018 declaration, on one occasion in mid-February 2017,  
21 Mr. [REDACTED] held me down so hard while he had sex with me that I was bruised for several days, and  
22 then strangled me; when I gasped for air, he shoved two of his fingers down my throat and called me a  
23 "good girl" when I gagged. I attached photographs to my March 29, 2018 declaration showing the court  
24 the petechial hemorrhaging around my bloodshot eyes which became common due to him strangling me.  
25 When he smothered me with a pillow while having sex with me around late March 2017, I thought I was  
26 going to die, and he told me it was the best sex he had ever had and that he liked controlling my access  
27 to air. Several times during our relationship, he demanded oral sex and held the back of my head so that  
28 I couldn't move it, while thrusting his penis so far down my throat that I threw up. Around June 2017,

1 Declaration of [REDACTED] for Renewal of Restraining Order

2 I lost consciousness when he smothered me with a pillow while having sex with me; when I came to,  
3 he flipped me onto my stomach and then demanded that I get on my knees, and he ejaculated into my  
4 mouth. He later told me that what he had done was my fault because I "brought that out" in him. I felt  
5 completely broken as a human being and hated myself for being with someone who did this to me.

6 5. After that June 2017 incident, I started avoiding Mr. [REDACTED] and spending less time  
7 with him, hoping that would lead to a natural end to our relationship. Instead, he began stalking me.  
8 He began showing up at places he knew I frequented. He started coming to my house unannounced,  
9 even when I specifically told him not to, or when I ignored his calls or texts. I detailed these incidents  
10 in my March 29, 2018 declaration as well, including the night in November 2017 when he asked if he  
11 could come over and showed up anyway after I told him no. He banged on my door and yelled my name  
12 until I let him in, because I was worried he would upset my neighbors. He then began having sex with  
13 me, and I was too afraid of him to stop him. While having sex with me, he told me about another  
14 woman he was sleeping with. When I told him I didn't care, he told me it would be a turn-on for him  
15 to make me jealous, and he then held me down with his left hand and strangled me with his right hand.  
16 This was the last time he had sex with me. He continued to stalk me. On or around November 28, 2017,  
17 he texted me that he had been at a bar in the corner of a restaurant watching me and my family have  
18 dinner there. Even though he did not live in my neighborhood and told me he was moving to  
19 Sacramento, I saw him at least 10 times within a 2-block radius of my apartment between December  
20 2017 and the end of January 2018, which I detailed in my March 29, 2018 declaration.

21 6. I had been going to Barry's Bootcamp gym [REDACTED] daily since  
22 before I started dating Mr. [REDACTED]. Throughout our relationship, he made fun of me for going. In  
23 December 2017, Mr. [REDACTED] joined that gym, even though he did not live [REDACTED]

24 7. I finally filed a request for a restraining order after an incident on January 8, 2018, while  
25 I was walking home from having dinner and encountered Mr. [REDACTED] and his sister less than 1½  
26 blocks from my home. They stood in front of me (which prevented me from walking past them) and  
27 screamed at me; when I pulled out my phone to call my parents, his sister yelled at me, "Don't you  
28 DARE get your phone!"

1 Declaration of [REDACTED] for Renewal of Restraining Order

2 8. Mr. [REDACTED] violated the Temporary Restraining Order, which I detailed in my  
3 March 29, 2018 declaration. For example, on January 28, he posted on Instagram that he was at  
4 Delarosa, across the street from my house. He also went to Barry's Bootcamp [REDACTED]  
5 [REDACTED] on at least two separate occasions while the TRO was in effect.

6 9. In July 2018, Mr. [REDACTED] and I stipulated to the court's issuance of a 2-year CLETS  
7 Restraining Order After Hearing.

8 INCIDENTS SINCE 2018 RESTRAINING ORDER AFTER HEARING

9 10. One of the restraining order terms to which Mr. [REDACTED] agreed was the standard 100-  
10 yard stay away order, prohibiting him from coming within 100 yards of me, my home, my workplace,  
11 and my vehicle. I understood that part of the reason he was willing to agree to this restraint was because  
12 he was moving to San Carlos in San Mateo County on August 1, 2018. It gave me more peace of mind  
13 to know that he would be living more than 25 miles away from me. I was reassured by his move and  
14 by the restraining order that he would not be in my neighborhood and would not be anywhere near my  
15 home.

16 11. On July 16, 2018, less than one week after issuance of the Restraining Order After  
17 Hearing, my parents told me that they had seen Mr. [REDACTED] in my neighborhood. Through my  
18 lawyer, I communicated with Mr. [REDACTED]'s lawyer that Mr. [REDACTED] was violating our agreement  
19 and the Order. On information and belief, his attorney said that Mr. [REDACTED] had been buying a bed  
20 nearby.

21 12. On three different occasions in 2018, after the Restraining Order was in place, our mutual  
22 friend [REDACTED] told me that she saw Mr. [REDACTED] around my neighborhood.

23 13. Two of my friends from the Barry's Bootcamp gym, who knew about Mr. [REDACTED] and  
24 knew I had a restraining order in place, told me that on two separate occasions in late summer or early  
25 fall of 2018, Mr. [REDACTED] had come to the Barry's Bootcamp gym (the same one Mr. [REDACTED] knew  
26 I went to daily before and during our relationship). They expressed concern for me and surprise at  
27 having seen him there.

28 14. One day around the beginning of April 2019, some friends from the same Barry's

1 Declaration of [REDACTED] for Renewal of Restraining Order

2 Bootcamp gym (where I have taken over 980 classes) told me that Mr. [REDACTED] had again come into  
3 the gym. They said he didn't work out, but just came and got a shake at the "fuel bar" (refreshment  
4 counter). Someone sent me a screenshot of Mr. [REDACTED]'s instagram post from April 5, 2019,  
5 showing he was outside my gym, a copy of which I am attaching to this declaration. The gym is  
6 approximately [REDACTED] from my home, around the corner from me. While I realize this is farther than  
7 [REDACTED] away from my home, I can think of no reason for Mr. [REDACTED] to be at the particular gym  
8 around the corner from my house – that he knows I go to so regularly – other than to be near me and my  
9 home. He represented that he was moving more than 25 miles from my home, he made fun of me  
10 throughout our relationship for going to that gym, and he did not even work out when he went into the  
11 gym on that day in April 2019.

12 15. One day during the summer of 2019, my mom told me that she saw Mr. [REDACTED] at a  
13 restaurant about one block from my house.

14 16. Another time in late 2019, my mom told me that she saw him getting into his car a couple  
15 blocks from my house while she was driving to pick me up.

16 17. In mid-January 2020, I saw Mr. [REDACTED] at the restaurant Delarosa [REDACTED]  
[REDACTED], well within [REDACTED] from my home. When I saw him near my home, I  
18 panicked. I felt paralyzed and I didn't know where to run or what to do. I was afraid of whether he  
19 would approach me, harm me, or make a scene. I was flooded with horrible memories, and I felt back  
20 to square one, fearing for my life.

21 18. One day in early May 2020 (while both San Mateo and San Francisco Counties were  
22 under strict Shelter in Place orders due to Covid 19), I was walking to the pharmacy on Chestnut Street  
23 near my home when I saw Mr. [REDACTED] right across the street from my house, standing in line for take  
24 out at Delarosa. He was wearing the green Patagonia jacket I gave him, and he is very tall and has a  
25 distinctive look, so I was certain it was him. I was with my mom (whom he knows), and I saw him turn  
26 towards us and I believe he saw us. When I saw him, I was very scared. I began to have a panic attack.  
27 I said to my mom, "That is Mike, he is not supposed to be here." I understood that Mr. [REDACTED] lives  
28 in another county, so I was shocked to see him [REDACTED] for any reason, but especially

1 Declaration of [REDACTED] for Renewal of Restraining Order

2 when shelter in place orders were in effect. When I came out of the pharmacy, I saw that he had walked  
3 across my street and was walking with another man directly in front of my apartment. I yelled out his  
4 name, to let him know that I knew he was violating the order. He did not turn around, and he kept  
5 walking. I was terrified that he was not taking the order seriously. I felt threatened and unsafe.

6 19. Mr. [REDACTED]'s brutal and repeated violence against me during our relationship, and  
7 then his stalking of me when I tried to get out of the relationship, have caused me severe, psychological  
8 distress. I have been diagnosed with PTSD, anxiety and depression.

9 20. Since he did all of these things to me, I struggle to have any intimate relationship.

10 21. I sleep on my couch to avoid being in my bed where he hurt me.

11 22. I stopped going to my favorite restaurants, out of fear that he might come there.

12 23. I have frequent flashbacks of his hands around my neck, not being able to breathe or  
13 scream, and him violently raping me.

14 24. Every time I leave my apartment, I look over my shoulder, expecting he will grab me or  
15 push me or strangle me.

16 25. I never go anywhere alone at night. I have friends or family walk me all the way inside  
17 my building, in case he is there waiting, like he was before.

18 26. I carry pepper spray (I really never want to have to use it).

19 27. I have a psychiatric service dog, and I live in fear each and every day.

20 28. I can't even imagine what Mr. [REDACTED] would do to me if he caught me alone.

21 29. I see a therapist regularly. I take medication for PTSD and depression. I have undergone  
22 extreme, cutting edge treatments for PTSD. In the last two years, I have spent approximately \$75,000  
23 of my own money on therapy, specialists, and treatment to try to heal from what Mr. [REDACTED] did to  
24 me, so I can move on. My doctors have told me that the treatment has not worked sufficiently to address  
25 my PTSD.

26 **I REQUEST THE COURT ISSUE A PERMANENT RENEWAL OF THE RESTRAINING ORDER**

27 30. Without a restraining order, I would never feel safe again.

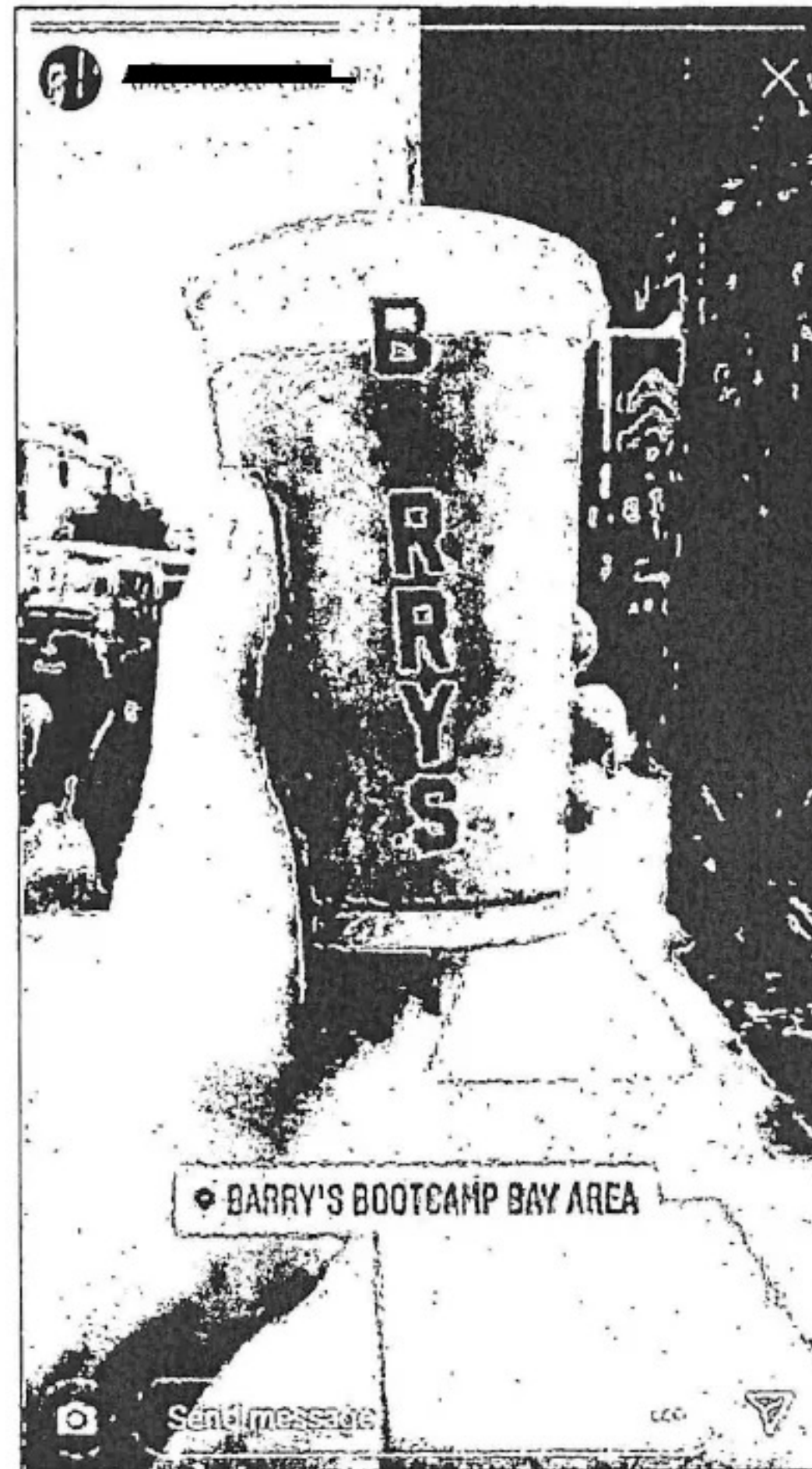
28 31. I live with fear of Mr. [REDACTED] every day of my life. He may not look like the kind of

1 Declaration [REDACTED] for Renewal of Restraining Order

2 person who would do dangerous, lethal things, but he repeatedly strangled and suffocated me to within  
3 seconds of my final breath. I have suffered from depression, anxiety, and PTSD, and even after  
4 significant treatment, I am terrified every day because of what he did to me. I have spent two years  
5 trying to recover, but that has not been enough and I am not healed. He has not stayed away from me,  
6 and I don't think he will ever leave me alone completely. The thought of not having any protection from  
7 him, the thought that he might be *allowed* to come near me, is terrifying. I can't live with that kind of  
8 fear. I know the restraining order has angered him, and I am scared he harbors even more resentment  
9 towards me. I don't want to have anything to do with him ever again.

10 [ORIGINAL SIGNATURE ON JUDICIAL COUNCIL FORM]

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Screenshot of Michael [REDACTED]'s April 5, 2019 Instagram post, with drink from Barry's Bootcamp gym around the corner from [REDACTED]'s home