



Knowing the Signs of Abuse

Domestic Violence

*This booklet is
designed to
help you spot
the signs of
abuse.*

Written by

Stephanie Strickland

Author of Finding Peace Within

Introduction

The Booklet is primarily filled with information on domestic violence.

- 1 in 4 women and 1 in 7 men will experience severe physical violence by an intimate partner in their lifetime.
- 1 in 10 women in the United States will be raped by an intimate partner in her lifetime
- An estimated 9.7% of women and 2.3% of men have been stalked by an intimate partner during their lifetime.

Domestic Violence does not discriminate. It occurs in every race, ethnicity, socio-economic background, education, age, gender or sexual orientation. It has no age limit and can occur from teens to the elderly. One in 3 women experience physical or sexual violence, or both, caused by someone known to them. This booklet will help you know the signs of abuse. If you or someone you know is in an abusive relationship, there is help and you are not alone. None of us are meant to journey through life alone.

Ecclesiastes 4:9-10

Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.

I am my Sister's Keeper

Best regards,

Stephanie Strickland



Warning Signs of An Abusive Person

1

Jealousy and Possessiveness

Wants to be with you constantly. Accuses you of cheating all the time. Follows you around and frequently calls or text. Asks friends to check up on you.

Dr. Jekyll and Mr. Hyde

Sudden mood changes – like they have two personalities. One-minute nice, next minute exploding. One-minute happy, next minute sad.

2

3

Isolation

Puts down everyone you know– friends are either stupid, slutty, or you are cheating with them. Family is too controlling, doesn't really love you, or you are too dependent on them.

Unrealistic Expectations

Compliments you in a way that makes you seem superhuman. Over-flattering. Expects you to be perfect. Says, "I am all you need. You are all I need."

4

5

"Playful"

Use of force during sexual activity. Little concern over whether you want sex or not, and uses sulking or anger to manipulate you into compliance. Makes sexual or degrading jokes about you.



Reasons a Person Stays in an Abusive Relationship

1 **Damaged Self-Worth**

Many people in abusive relationships struggle with a lack of inner worth. They are driven by a set of beliefs that they are no good; they have no value. So they believe they are deserving of the abuse.

2 **Distorted Thoughts**

Abusive individuals use their charisma and influence, as well as fear, shame, and guilt to control and manipulate. A victim will minimize the abuse as a way to cope. "I stayed because I didn't think emotional, verbal and financial abuse was abuse.

3 **Wanting To Be a Savior**

Many will describe a desire to help or love their partners with the hopes that they can change them. "I believed I could love the abuse out of him." "I thought I would be the strong one who would never leave and show loyalty." "I'd be the one to teach them love."

4 **Financial Constraints**

Financial abuse involves controlling a victim's ability to acquire, use, and maintain financial resources. financial abuse traps a person in the relationship. Without resources, they are unable to see a way out of their situation.

5 **Isolation**

A common tactic of manipulative partners is to separate their victim from family and friends. By keeping a person socially isolated the abuser can reinforce their beliefs and maintain control. Without social contact and support the victim is easily manipulated.



Signs Someone You Know is in an Abusive Relationship

1

Becomes reserved and distant; Exhibits excessive privacy concerning their personal life.

Drops out of activities they would usually enjoy.

2

3

You are uncomfortable being around their partner.

Constant calls, texts, or tracking by their abusive partner; They have to ask permission to go anywhere or to meet and socialize with other people

4

5

Refers to their partner as jealous, possessive, or always accusing them of having affairs



Traits of a Narcissist

Narcissism is a mental condition in which people have an inflated sense of their own importance, a deep need for excessive attention and admiration, troubled relationships, and a lack of empathy for others.

1. **The Seductive Narcissist**

Does whatever they can do to make you feel good about yourself in the beginning. But don't get it twisted, when a seductive narcissist no longer needs you to stroke their ego they will leave you and move on to a new target.

2. **The Covert Narcissist**

Will use guilt-tripping and emotional manipulation to get what they want. They will belittle their partners, deprive physical or emotional needs until they accomplish this. Only then will they show affection or buy gifts to gain more control over their partner.

3. **The Malignant Narcissist**

Incapable of showing any empathy or compassion toward others. They are manipulative will exploit friends, peers, and family for personal or professional gain. They are controlling of the people in their lives and put forth strong efforts to isolate their victim or target.

4. **The Vindictive Narcissist**

They will do everything they can to destroy you. They are good at hiding their true nature and intentions from others. They are ruthless.

5. **The Classic Narcissist**

Thrive on the admiration and praise of others. They believe they are more special, more valuable than others. They crave being the center of attention.



Signs of Trauma Bonding

When an abused person forms an unhealthy bond with the person who abuses.

1

You agree with the abusive person's reasons for treating you badly

You argue with or distance yourself from people trying to help, such as friends, family members, or neighbors.

Ex: "I will not leave him, he is the love of my life. You are just jealous."

2

3

You cover for the abusive person.

Ex: "He is only like that because he loves me so much- you would not understand."

You become defensive if someone intervenes and attempts to stop the abuse; such as police or a bystander.

4

5

You are reluctant or unwilling to take steps to leave the abusive situation or break the bond.

Ex: "It is my fault - I make them angry."



Signs of Emotional/Verbal Abuse

Verbal abuse is a type of emotional abuse. It's hard to recognize because it can be subtled

1. **Gaslighting**

Gaslighting is a type of manipulation that makes you question your sanity, judgments, and memory. You may begin to mistrust yourself and feel as if you're losing your mind.

2. **Name-Calling**

By verbally saying to someone "you're dumb, ugly, stupid, fat, unlovable" is abusive. Everyone jokes around and tease each other, but verbally belittling someone to gain control is verbal abuse.

3. **Judging**

Judging and criticizing allows your abuser to express how little they accept you as you are. They may imply that you should be smarter more sane. Many judging statements start with "You"

4. **Threatening**

Any sort of threat counts as verbal abuse. This could mean threats to your physical safety, the relationship, or even the abuser's safety. No threat should ever be taken lightly. When people make threats, they are trying to control and manipulate you.

5. **Humiliation**

In public the abuser talks down to you. Or shames you in front of friends and family. They yell, scream or swear at you.



Signs of Financial Abuse

Financial abuse occurs in 98% of abusive relationships and is the number one reason victims stay in or return to abusive relationships.

1. **Your Partner Withholds Financial Information**

It's okay for each person has their own accounts and maybe have a joint account. But its not okay if they don't want to share bank information with you. They could be trying to maintain control of your financial resources and destroy your ability to escape the relationship.

2. **Your Partner Discourages You From Having a Job**

It's one thing to have an open and honest discussion with your partner and express your desire not to work. It's a different story if your partner won't allow you to earn income or tries to sabotage your career.

3. **Your Partner Gets Very Heated About Money**

You splurge on expensive pair of shoes without talking to your partner first. They have an explosive or violent reaction to the purchase. But if they splurge on something expensive its okay and you better not say anything. This is a sign of abuse.

4. **Your Partner Forces You to Bail Them Out**

This practice is usually called "financial enabling," meaning one person enables another person to make poor financial decisions. Ex: *One partner convinces another partner to payoff a credit card they ran up.*

5. **Your Partner Limits Your Spending**

It's okay to sit down and look at your finances and come up with an agreed-upon allowance that you both have. But it's not okay if your partner decides on their own how much money you're allowed to spend.



Signs of Sexual Abuse

When sexual contact upon a person is forced.

1. **You Agree Only Because You're Afraid**

If you agree to sex only because he threatens to hurt you physically or emotionally, it's sexual abuse. This could come in the form of threats to hit you, leave you or even harm your children.

2. **He Insults and Criticizes Your Body**

Sexual harassment ranges from degrading remarks to inappropriate physical contact. This includes your spouse insulting your body and your looks. Your sweetheart should not shame you for the way you look — a loving husband will never harm your self-esteem.

3. **He Withholds Sex as Punishment**

Withholding sex to get what you want is considered both psychological and sexual abuse. It's a form of manipulation meant to control the other person.

4. **He Persists Even After You've Said "No"**

It's your body. When you say "no," he should respect that. Intimacy is a mutual decision between two people whether or not they are married.

5. **He Forces You do Uncomfortable Sexual Things**

If he touches you inappropriately even after you told him no, that's sexual abuse. If he's in the mood and you aren't and he takes it anyway, that's sexual abuse. Any form of sexual contact, whether it involves rape or not, is considered sexual abuse and should never be taken lightly.



Facts on Physical Abuse

Physical abuse is an act where one person uses their body in order to inflict intentional harm or injury upon another person.

1. Physical abuse in a relationship is more than just battering. Many victims of physical abuse don't realize that they're in an abusive relationship. But, being pushed aside, held down against a wall or a bed, "lightly" smacked on the head, dragged along, roughly tugged, or driven recklessly, these all are, in fact, physically abusive behaviors.
2. Physical abuse in a relationship rarely comes alone. Physical violence is the most apparent form of abuse, but it rarely happens in a relationship where there is no emotional or verbal abuse as well.
3. Physical abuse in a relationship often develops gradually. If your partner is constantly belittling you, causing you to feel guilty for their aggression and making you believe that you don't deserve any better, be careful and watch for the signs. They may be on their way towards becoming physically violent as well.
4. Being exposed to continuing violence in what should be a loving and safe place results in a number of long-lasting consequences. Chronic headaches, high blood pressure, gynecological illnesses, and digestive problems are just a few of the most common consequences for the victims of physical abuse in a relationship.
5. Suffering alone makes it worse. The abuse can happen with long periods of seemingly peaceful and quite happy days. But, once a partner has crossed the line of raising their hands to you, it's highly likely that they will do it again.



Steps to Escaping an Abusive Relationship

Whether or not you're ready to leave, here are some steps you can take to protect yourself. A safety plan can be the difference between being severely injured or killed, or escaping with your life.

Do not keep these items in your home. Keep them in a safe place away from the abuser

1

Keep a journal of the abuse

2

See a doctor; File a police report on every attack

3

Take photos of the abuse

4

Prepare an emergency bag

Money, checkbook, bank info and a credit card
ID's for you and your kids

Extra set of car keys

Any court papers

5

Have a code word with someone you can trust.



Steps to Take Once You Have Left

1

Tell family and friends you can trust

2

Find a safe place to stay; Change your daily routine

3

Get an order of protection; Avoid being alone

4

Change your cell phone number or block the abuser's number

5

Get professional help; A counselor



Resource List

The logo for the National Domestic Violence Hotline. It features the words "NATIONAL DOMESTIC VIOLENCE HOTLINE" in a bold, black, sans-serif font. The text is arranged in four lines: "NATIONAL", "DOMESTIC", "VIOLENCE", and "HOTLINE". The word "HOTLINE" has a small red square at the end of the line. The text is enclosed in a thin black rectangular border.

**NATIONAL
DOMESTIC
VIOLENCE
HOTLINE**

National Domestic Violence Hotline
Hours 24/7 Languages: English, Spanish
and 200 + through interpretation service
1-800-799-7233
Website: www.thehotline.org

The logo for Love is Respect. It features the words "love is respect" in a white, sans-serif font. The word "love" is in white, "is" is in orange, and "respect" is in white. The text is arranged in two lines: "love is" and "respect". The word "respect" has a small orange dot at the end of the line. The text is enclosed in a thin white rectangular border.

**love is
respect**

National Dating Abuse Helpline
1-866-331-9474 – Hours 24/7
www.loveisrespect.org



Notes Space

This image shows a blank sheet of white paper with horizontal blue ruling lines. On the left side, there is a large, light pink decorative swirl or bracket shape. In the bottom-left corner, there is a small cartoon illustration of a person's head with long purple hair and a yellow face. The rest of the page is empty space between the lines.

Designed by:
Insta: @ibn_gfx
email: ibngfx@gmail.com