



Are you being Abused?

It's possible to be abused and not even know it. You may feel confused about your relationship, not knowing what is happening, and wondering if it's your fault. Psychological and emotional abuse is especially difficult to identify because it is so manipulative and the wounds are invisible.

ASKING YOURSELF THESE QUESTIONS MAY HELP YOU UNDERSTAND IF YOU ARE A VICTIM OF INTIMATE PARTNER ABUSE.

1. Are you afraid of your partner?
2. Do you feel you are walking on eggshells?
3. Are you afraid of what your partner will do or say in response to something you've done?
4. Do you feel scared or anxious if you are a few minutes late arriving, calling or texting?
5. Do you feel your clothing, opinion, or decisions must have your partner's approval?
6. Do you speak and act carefully to avoid upsetting your partner?
7. Do you feel nothing you do is right?
8. Do you feel inadequate, unable to manage, exhausted?
9. Do you do things the way your partner wants and put your own needs aside in order to avoid conflict?
10. Have you given up asking your partner to meet your wants and needs?
11. Do you avoid talking to friends and family about your relationship out of fear of judgment or embarrassment?
12. Do you feel you are no longer the person you once were?

If you answered yes to any of these questions, you may be in an abusive relationship. It's important to know:

The abuse is not your fault

Abuse is a choice made by the abuser

The purpose of the abuse is to maintain power and control over you

HERE IS A LIST OF SOME OF THE TACTICS THAT ABUSERS USE TO CONTROL THEIR VICTIMS.

DOES YOUR PARTNER...

CONTROL, COERCE OR MANIPULATE YOU?

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| <ul style="list-style-type: none"> <input type="checkbox"/> Controls what you do, who you talk to, where you go, makes you account for every minute you are not together or constantly calls or texts when you are not with him/her <input type="checkbox"/> Becomes extremely jealous in an unreasonable way, accuses you of being unfaithful <input type="checkbox"/> Monitors your phone or computer including emails, calls, texts, social media, financial accounts, passwords <input type="checkbox"/> Exhibits "Jekyll and Hyde" behavior, changing moods quickly and unpredictably | <ul style="list-style-type: none"> <input type="checkbox"/> Presents a different face in public, keeping the abuse behind closed doors but maintaining a positive image when others are present <input type="checkbox"/> Suddenly and unexpectedly becomes understanding, caring, giving gifts, promising to change <input type="checkbox"/> Tells you that you are the only one who can save him/her from ruin, depression, alcoholism, insanity, health issues or suicide |
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DOES YOUR PARTNER...

ISOLATE YOU FROM OTHERS?

- Stops you from seeing friends or family members
- Makes you ask permission before you go out
- Sabotages your planned social events or your work schedule
- Keeps you from attending social, religious or community gatherings
- Tries to turn friends, family, neighbors or coworkers against you

THREATEN AND INTIMIDATE?

- Gets angry and violent when you disagree
- Uses looks, movements or body language to intimidate you
- Threatens to report you to authorities
- Threatens to harm or kill you or your family, friends or pets
- Threatens to commit suicide if you don't do what is demanded or if you leave
- Intimidates you with knives, guns or other weapons
- Threatens to take the children away from you

USE PSYCHOLOGICAL TACTICS TO CONFUSE OR Demean YOU?

- Calls you crazy, stupid, fat, unattractive, says no one else would ever want you
- Insults, ridicules, or embarrasses you, makes fun of you constantly or uses sarcasm to demean you
- Criticizes almost everything you do
- Tells you you're a bad parent
- Uses your past against you
- "Gaslights:" playing mind games such as saying the abuse didn't happen to confuse and throw you off balance
- Forces you to do things against your values or religion
- Makes you feel guilty for everything
- Claims to be all-powerful, intelligent, knowledgeable, able to know what you are doing at every moment or says he/she can use people he/she knows to monitor your every move

MINIMIZE, DENY, BLAME?

- Tells you the abuse is your fault
- Acts like the abuse is not big deal, not taking your concerns seriously or telling you that you are overreacting
- Tells you the abuse is a sign of deep love or a benefit to you by teaching you something you need to learn
- Tells you the abuse was "just a joke"
- Takes no responsibility for his or her behavior, constantly blames you or others for everything that goes wrong

PHYSICALLY ABUSE YOU?

- Hits, shoves, slaps, chokes, kicks or punches you
- Throws objects
- Destroys your property
- Grabs or restrains you
- Drives recklessly with you and/or your children in the car
- Uses weapons against you
- Forces physical contact or sex when you don't want it, or demands sexual acts that make you uncomfortable or withholds sex from you
- Demands sex in return for necessities such as money, groceries, school supplies, child support, etc.

CONTROL THE FINANCES?

- Controls the money in the relationship, including all of the accounts
- Makes you ask for money or limits your access to funds for your needs or your children's needs
- Refuses to give you money
- Prevents you from working or attending school to improve your finances
- Makes all the decisions without your input or consideration of your needs

If your partner is doing any of these things, you are likely to be a victim of abuse. Please look at the Safety Planning flyer included in this packet, as you could be in danger.

Whenever you are ready to seek help, call Turning Point at 815-338-8081. We will not expect you to leave your abuser and we want to help you and your children in any way that we can.



Domestic Violence and Safety Planning

DO YOU NEED A SAFETY PLAN?

Anyone in an abusive relationship can benefit from a safety plan because the relationship can become dangerous or even lethal at any time, even if there has never been any physical abuse. If you are no longer with your abuser, you may still need a safety plan since the abuse often does not stop and may even get worse when the relationship ends.

A SAFETY PLAN CAN HELP YOU IF YOU EXPERIENCE ANY OF THE FOLLOWING:

Your intimate partner, ex-partner, family member, caregiver or roommate:

- Abuses you emotionally, verbally, sexually, financially and/or physically
- Controls most or all of your daily activities
- Is constantly jealous, accusing you of cheating or wanting to cheat
- Isolates you from friends and family
- Follows you, spies on you, tracks you using technology, monitors your phone or computer
- Calls, texts or emails you repeatedly, demands you answer immediately
- Has tried to choke or strangle you
- Owns a gun or has threatened you with a weapon
- Threatens to kill you, your children or your loved ones
- Has threatened or attempted suicide
- Has forced you to have sex when you did not wish to
- Abuses alcohol or drugs
- The abuse has increased over the past year
- You are in the most danger when you are leaving an abusive relationship

YOUR SAFETY PLAN INCLUDES:

THINGS YOU CAN DO BEFORE A VIOLENT INCIDENT

- Identify a domestic violence shelter to call and keep the number close at hand
- For Turning Point, call 815-338-8081. You may be prompted to dial zero to speak to an advocate
- Decide where you will go if you leave home, even if you are not planning to leave now
- Identify which door, window, stairwell, etc. offers the quickest way out of your home and practice your escape route
- If you have an order of protection, keep it with you
- If possible, identify a neighbor who can call the police if they hear a disturbance
- Pack a bag and have it ready to go in case you must leave home. Keep it in a private but accessible place, or at a trusted person's home

You may need the following items:

- Money:** ATM card, cash, credit cards
- Identification:** Driver's license, car registration, social security card, immigration documentation, other ID
- Important papers:** birth certificates for you and your children, school and vaccination records, divorce papers, order of protection
- Clothing
- Keys: house, car or work
- Medications

THINGS YOU CAN DO DURING A VIOLENT INCIDENT

1. CALL 911

If you are in immediate danger, call 911.

2. STAY CLOSE TO AN EXIT

If an argument starts, stay close to a room or area with easy access to an exit.

3. AVOID KITCHEN OR BATHROOM

Stay away from the bathroom, kitchen or anywhere near weapons.

4. GET AWAY

Try to get your packed bag but if it's too dangerous, just leave. Go to a relative, friend or shelter.

5. CALL THE POLICE

The police must try to protect you. They are required to provide or arrange transportation to a hospital, safe place or shelter. The police should arrest the abuser if they have enough evidence.

They do not need you to press charges to make an arrest. 

6. USE JUDGMENT & INTUITION

If the situation is very dangerous you can give the abuser what they want to calm them down. Do what you feel you need to in order to protect yourself and your children until you are out of danger.

THINGS YOU CAN DO AFTER A VIOLENT INCIDENT

7. GET MEDICAL ATTENTION IMMEDIATELY

8. TAKE PHOTOS OF YOUR INJURIES

Ask the medical facility to take photos of your injuries

9. MAKE A POLICE REPORT

Even if you don't want the abuser arrested, the report becomes evidence of abuse which might prove helpful in the future.

10. SAVE EVIDENCE

Evidence may include records, photos, statements from anyone who saw the incident, in case you decide to take legal action now or later.

11. ORDER OF PROTECTION

Consider going to court to get an order of protection. Call Turning Point for information on how to request one.

12. VICTIM RIGHTS

Ask a Turning Point advocate or the State's Attorney's office about your rights as a victim of a crime. Under some circumstances you may be entitled to compensation.

13. CALL TURNING POINT

Call at any time (24/7) at 815-338-8081 if you need shelter, an order of protection, assistance with safety planning or if you have any questions about how to protect yourself or what to do next.

14. GET SUPPORT

Attend a victim's support group or individual counseling at Turning Point to learn more about yourself and your relationship

15. GET SUPPORT FOR YOUR CHILDREN

Sign your children up for support group or counseling at Turning Point to help them deal with the aftermath of experiencing or witnessing domestic violence

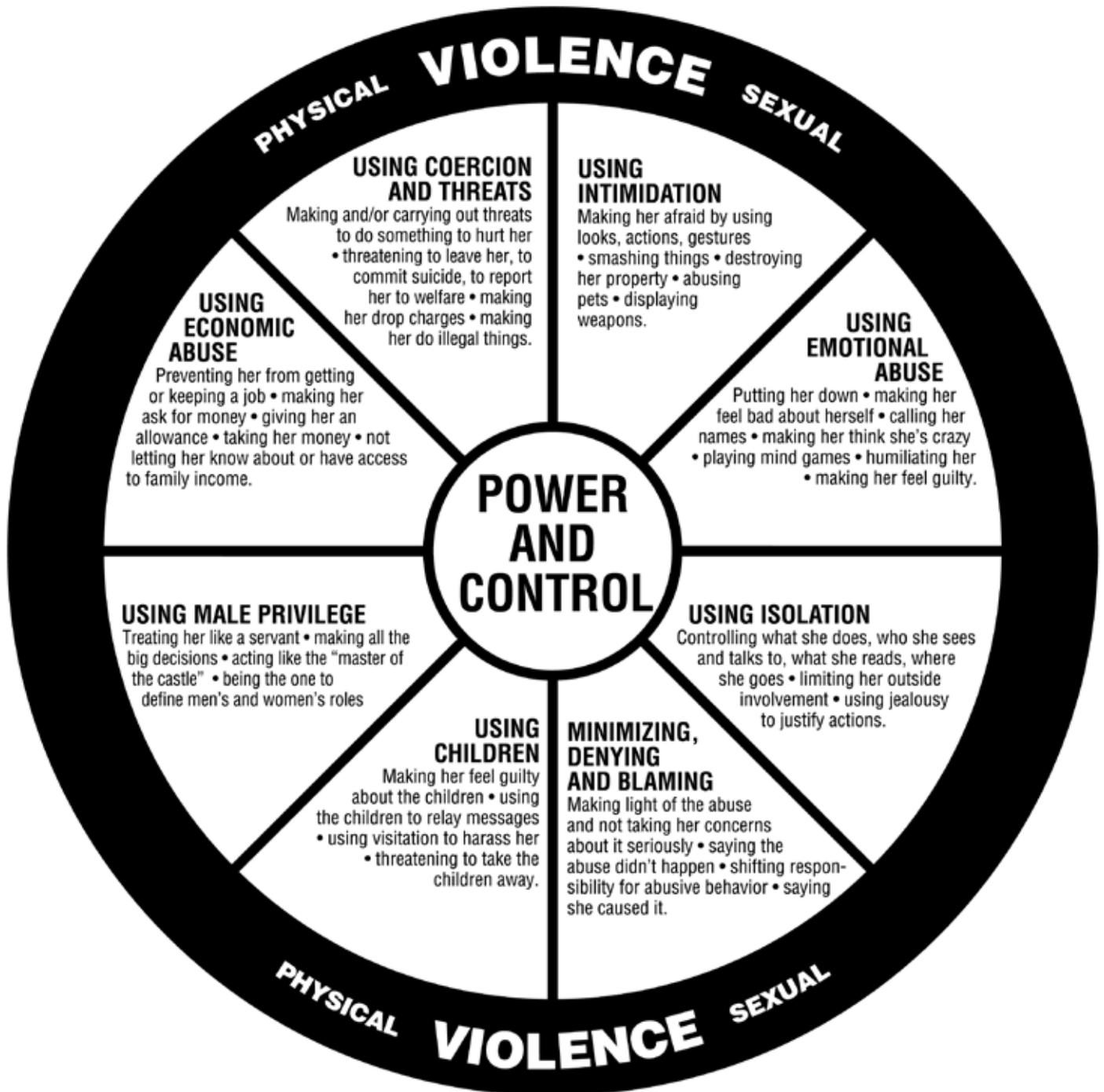
For more help with SAFETY PLANNING, call Turning Point at 815-338-8081.

A domestic violence advocate is always available to assist you.

Sources:

Jacquelyn C. Campbell, PhD, Danger Assessment: www.dangerassessment.org
Illinois Coalition Against Domestic Violence: www.ilcadv.org

The Power and Control Wheel



DOMESTIC ABUSE INTERVENTION PROGRAMS

202 East Superior Street
Duluth, Minnesota 55802
218-722-2781
www.theduluthmodel.org