
You Can:

- √ View yourself in a new light
 - √ Take satisfaction in whatever work you do at home or on a paid job
 - √ Begin to do pleasurable things
 - √ Enjoy yourself
 - √ Appreciate yourself
 - √ Interact with others who appreciate you
 - √ Learn/use new skills to meet conflict and criticism
 - √ Attend support groups
 - √ React in a different way
-

You Have Choices:

You can get help.

Call the domestic violence program in your area or call the National Domestic Violence Hotline.

You can leave.

Your local domestic violence program may be able to provide shelter, food, clothing and referrals to other resources in your community.

You can stay.

If your decision is to stay, your local domestic violence program can help. Remember, they are there for you when you need to talk!

If you need help, please call:

National Domestic Violence Hotline

1-800-799-SAFE

1-800-799-7233

1-800-787-3224 (TDD)

Se habla Español

Program's phone
number in your area:

Emotional Abuse:

a pattern of behaviors that characterizes a relationship and gives one person power over another. When one person is using emotional abuse to control another, they are destroying that person's self-concept, and causing that person to become so uncertain they can't trust their own judgment.



Nevada Network Against
Domestic Violence
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Emotional Abuse is:

- ✓ Enforcement of trivial demands
- ✓ Humiliation
- ✓ Isolation
- ✓ Monopolization of perception
- ✓ Superiority of power

Enforcement of trivial demands

- Your partner insists that activities take place in precise ways or at precisely designated times • interrupts your work or other things that are important to you to get her or his needs met • demands that you wear only approved clothing, jewelry, etc. • insists you perform menial services, or inspects your work and makes hypercritical comments • demands detailed reports of hourly activities

Humiliation

- Your partner forces you to do things that are against your religious or moral values • ridicules the traits you admire or value most in yourself • tells you no one else would want you • has talked you into doing something, and then made you feel guilty or ashamed about it • forces you to apologize for things you didn't do • keeps you up late, asking about real or imagined sexual or romantic incidents • insists you ask permission to spend money for household or personal items, whether the money is a community fund or your own income • calls you names with sexual connotations • flaunts relationships or flirts with others while in your presence

Isolation

- Your partner ridicules or insults people you like • is jealous of your friends, family and even pets • intercepts your mail or telephone calls • becomes angry or upset, dampening your enthusiasm just

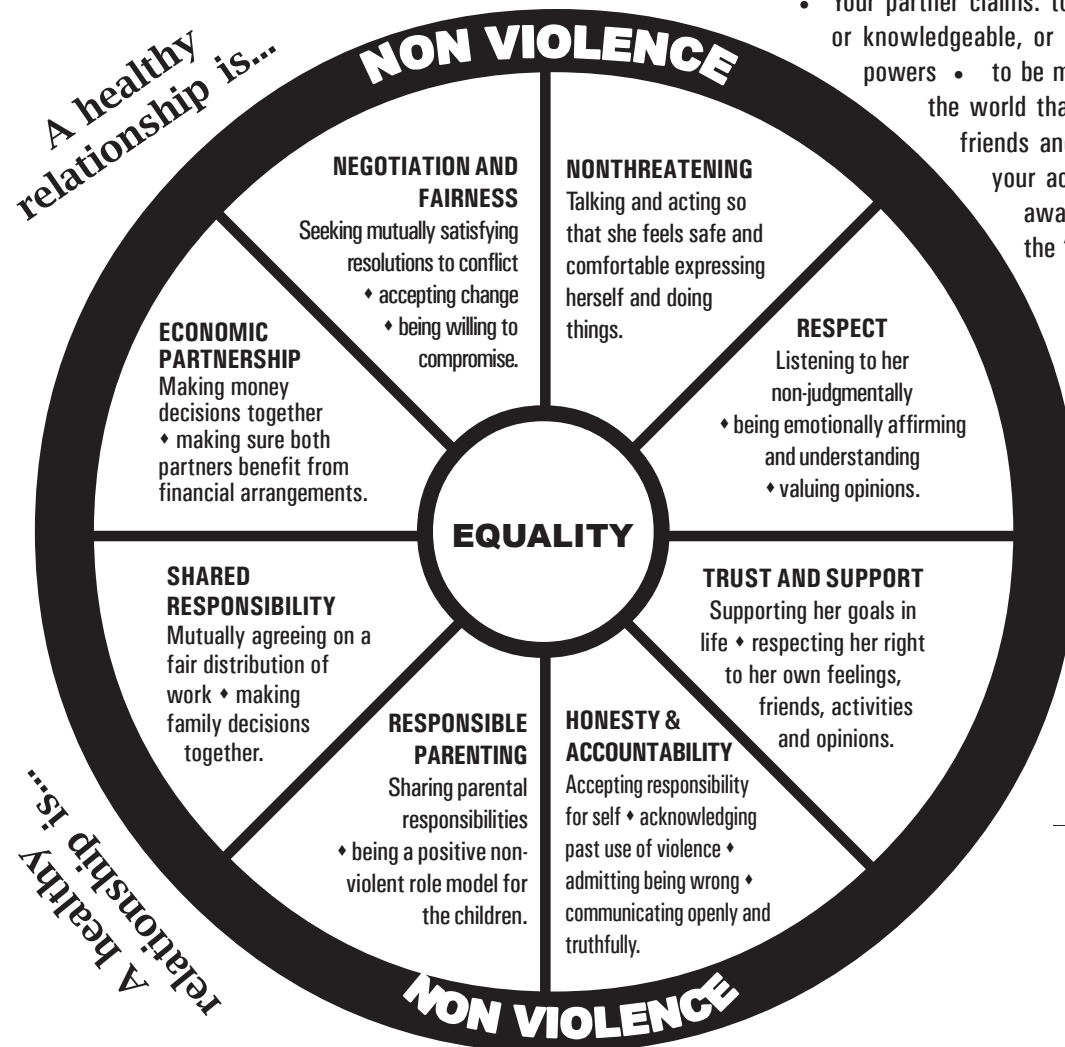
before or during a social event you've looked forward to • you discourage people from telephoning you at home because your partner resents sharing your time • have fewer contacts and activities with friends and family than before you began the relationship • feel uneasy about being with your partner and your friends at the same time • feel nervous or frightened of what your partner will say or do if you are even a few minutes late from work, shopping, or visiting others

Monopolization of perception

- You feel that your opinions and decisions must have your partner's approval • you are overpowered by your partner's presence whether or not he or she is with you • you speak carefully, or avoid speaking, so you won't risk upsetting your partner • you time your activities to avoid their being noticed by your partner • you feel you're "walking on egg shells"

Superiority of power, omnipotence

- Your partner claims: to be exceptionally bright or knowledgeable, or to have extraordinary powers • to be more aware of the ways of the world than you are • to have friends and contacts that report your activities when you are away from home • to know the "right" way to do things, and that you don't what's "right"



Excerpted from
Getting Free: You Can
End Abuse and Take Back
Your Life
by Ginny NiCarthy.

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EQUALITY chart
provided by the
Domestic Abuse
Intervention Project

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