

If you need help, please call...

**National Domestic
Violence Hotline**

1.800.799.SAFE or 1.800.799.7233
1.800.787.3224 (TTY)
www.thehotline.org

Hotlines provide crisis intervention, information, referrals and safety planning. Both hotlines are toll-free, confidential, anonymous and operate 24 hours a day, 365 days a year.

Se habla Español



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**The Nevada Network Against
Domestic Violence (NNADV)...**

...is a statewide organization that was formed in 1980 to work toward the elimination of domestic and sexual violence against all persons and the empowerment of women and children.

NNADV helps Nevada's communities respond creatively and effectively to the needs of domestic violence victims by providing information to service providers in the fields of domestic and sexual violence. In addition, NNADV provides education and advocacy to the general public and actively educates legislators on issues of concern to Nevada families.



**Nevada Network Against
Domestic Violence**

250 South Rock Blvd. Suite 116
Reno Nevada 89502

Phone: 775.828.1115 or
Fax: 775.828.9911
Website: www.nnadv.org

A program in your area:



NNADV
Advocating change.
Educating our community.
Supporting services.

**The Effects
of Emotional
Abuse**



"95% of men who physically abuse their intimate partners also psychologically abuse them."

Source: Henning K. & Klesges, L.M.
Journal of Interpersonal Violence
(2003)



To learn more about all forms of domestic violence and what is a healthy relationship, contact the NNADV office.

Emotional Abuse

Emotional abuse is one of many tactics used by a partner to establish and maintain power and control in an intimate relationship. It is used systematically and intentionally to hurt the partner in a nonphysical manner that ultimately destroys the victim's self-worth, undermines their confidence, and causes damage to a person's mental health and well-being. Examples of emotional abuse may include:



Humiliation. Harassing and ridiculing you about the things you value most. Calls you derogatory names. Tells you no one else would want you. Talks you into doing something that makes you feel guilty or ashamed. Forces you to apologize for things you did not do. Insists you ask permission to spend money for household or personal items, even if it is your own income;

- **Threats of harm.** Threatens to injure, permanently disfigure, or even to kill you, your children or your pets. You speak carefully, or avoid speaking, so you won't risk upsetting your partner which may result in other forms of abuse;
- **Enforcement of trivial demands.** Insisting that menial tasks are performed in precise ways or at specified times and then inspects your work and may even demand detailed reports of hourly activities; and
- **Isolation.** Your partner intercepts your mail or telephone calls and monitors your email, text messages and other social networking activities. You now have fewer contacts with friends and family because the abuser resents you sharing your time with others. May ask friends to report your activities when you are away from home.

All of these examples may be communicated through non-verbal forms of expression including body language, rolling eyes, sighs, grimaces, tone of voice, disgruntled looks, cold shoulders, slamming doors, banging dishes, nagging, and the silent treatment.

Emotional abuse affects you in other ways. Individuals who are victims of emotional abuse are more likely to experience: poor physical health; difficulty concentrating; mental impairment; poor work or school performance; an increased likelihood of illegal drug and alcohol use; and depression which may result in thoughts of suicide and/or suicide attempts. Source: Straight, E.S. et al *Journal of Interpersonal Violence*, 2003.

What can I do if I am being abused?

Your safety and your well-being are important. No one deserves to be abused. It is not your fault and you are not alone. There are people in your community that will listen and believe you, help you plan for your safety, find new ways to cope with these emotionally damaging tactics and offer resources to support you.

Things you can do to receive help:

- If the emotional abuse has escalated to physical violence and you are in immediate danger, call 9-1-1 and care for any injuries.
- For emotional support, safety services, and emergency shelter, call the National Domestic Violence Hotline and speak with an advocate to locate a domestic violence program in your area. Services are premised on safety, support, empowerment and options. All services are free and confidential. For a complete list of programs in Nevada, visit www.nnadv.org.
- Rebuild your own emotional well-being by learning new skills to deal with criticism and conflict. Take satisfaction in whatever work you do at home and on the job. Take time to appreciate yourself and interact with others who appreciate you.

A healthy relationship is based on:

- **Respect.** Listening to each other non-judgmentally, being emotionally affirming and understanding. Valuing each other's opinions.
- **Trust.** Supporting each other's goals and acknowledging the right to have feelings, friends, opinions and activities.
- **Honesty and accountability.** Accepting responsibility for the use of violence in the past and admitting being wrong. Communicating openly and truthfully.
- **Responsible parenting.** Sharing parental responsibilities and being a positive non-violent role model for the children.
- **Shared responsibility.** Mutually agreeing on a fair distribution of work. Making family decisions together.
- **Economic partnership.** Making money decisions together and making sure both partners benefit from financial arrangements.
- **Negotiation and fairness.** Seeking mutually satisfying resolutions to conflict and accepting change. Being willing to compromise.

Source: The Equality Wheel created by the Domestic Violence Intervention Project, Duluth, MN, www.theduluthmodel.org.

