

Journal of



Hope

What is Abuse?

Physical abuse is a type of violence used to control another person. Has your partner done any of the following?

- Slapped, pushed, shoved, bit, and/or hit with a fist?
- Blocked you from leaving a room or a house?
- Thrown things or destroyed property?
- Hit walls or pounded his fists when angry?
- Kicked, burned, choked, beaten or raped you?
- Used a gun, knife or weapon against you, or threatened to use one?

If you answered **yes** to any of these questions, you have been physically abused. Someone who is physically abused is often emotionally abused as well.

Emotional abuse is mistreating and controlling another person through her feelings. Has your partner done any of the following?

- Threatened to leave you regularly?
- Told you about his outside love affairs?
- Not let you have contact with friends and other interests?
- Said that you will lose everything if you leave, including the kids?
- Ignored you and/or neglected you?
- Abused pets to hurt you?
- Blamed you for things that were not your fault?

If you answered **yes** to any of these questions, you have been emotionally abused.

Verbal abuse: has your partner done any of the following?

- Called you names and/or put you down?
- Insulted you in front of others?
- Told you that he is doing you a favor by staying with you?
- Compared you to other women in a bad way?

If you answered **yes** to any of these questions, you have been verbally abused.

Sexual abuse is mistreatment by means of sexual acts, demands or insults. Has your partner done any of the following?

- Called you sexual names, like ‘slut’ and/or ‘whore’?
- Scared you so much that you had sex when you didn’t want to?
- Made you have sex when it was painful or when you were sick?
- Not told you he had STDs?
- Not let you use birth control?
- Refused to use condom to protect you from AIDS or STDs?

If any of these have been done to you, then you have been sexually abused.

Economic abuse: has your partner done any of the following?

- Controlled all of the money in the home and/or bank account?
- Not allowed you to have money?
- Kept you from getting a job or education?
- Made you account for every cent that you spend?

If you answered **yes** to any of these questions, you have been economically abused.

ALL of these are types of abuse. **ALL** of them are harmful and dangerous to you, the victim, whether they leave bruises and broken bones or not.

Effects of Emotional Abuse

To identify whether or not you are emotionally abused, you must first identify the feelings you experience in your relationship. An emotionally abused person may feel:

Guilty
Enraged
Self-hatred
Sad most of the time
Intimidated by partner
Hopeless and overwhelmed
Confused about how to behave
Mentally exhausted as a result of being
on an emotional rollercoaster
In the wrong all the time
Frustrated
Helpless
Trapped

I AM NOT ALONE; I CAN ASK OTHERS FOR
HELP.

I AM WORTH WORKING FOR AND CHANGING
FOR.

I DESERVE TO MAKE MY OWN LIFE SAFER AND
HAPPIER.

A Bill of Rights

You have the right to:

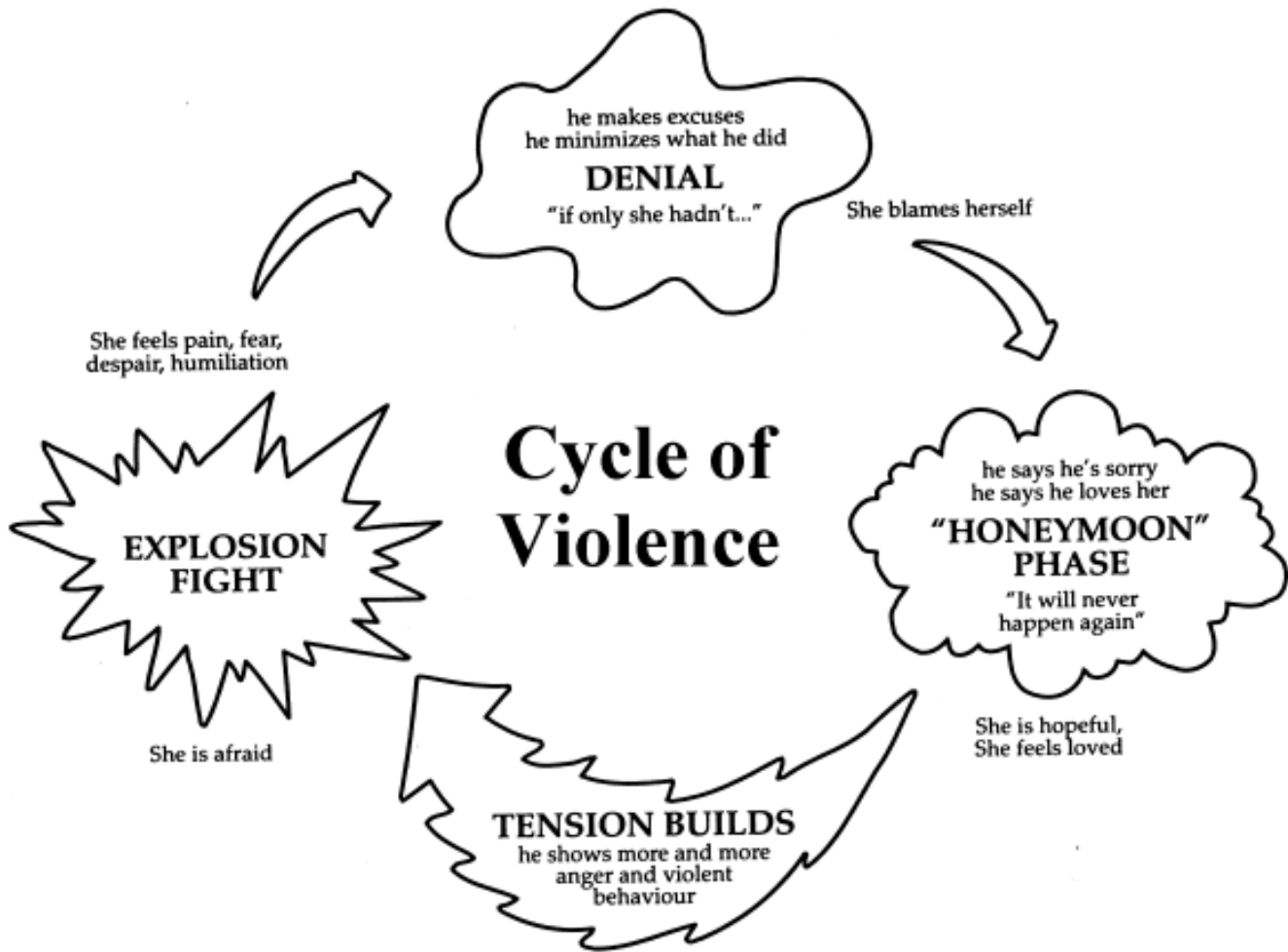
- Assert yourself even though it may inconvenience others
- ASK to be treated with respect.
- ASK to be listened to and taken seriously.
- Set your own priorities.
- Have and to express your own thoughts and feelings independent of others reactions.
- Offer no excuses or reasons for your behavior.
- NOT BE responsible for other people's problems.
- Change your mind.
- Make mistakes.
- Say "I don't know" and "I don't understand".
- Refuse to do a favor.
- Refuse to do a favor even if the other person has done one for you or given you something.
- Be illogical.
- Make decisions without having all the information.
- Say "I don't care" when someone tells you how you should be or what you should care about.
- Do or say whatever you want to in ways that do not violate the rights of others.
- Say "NO" without feeling guilty.
- Choose NOT to assert yourself.



15 Warning Signs Of An Abusive Personality

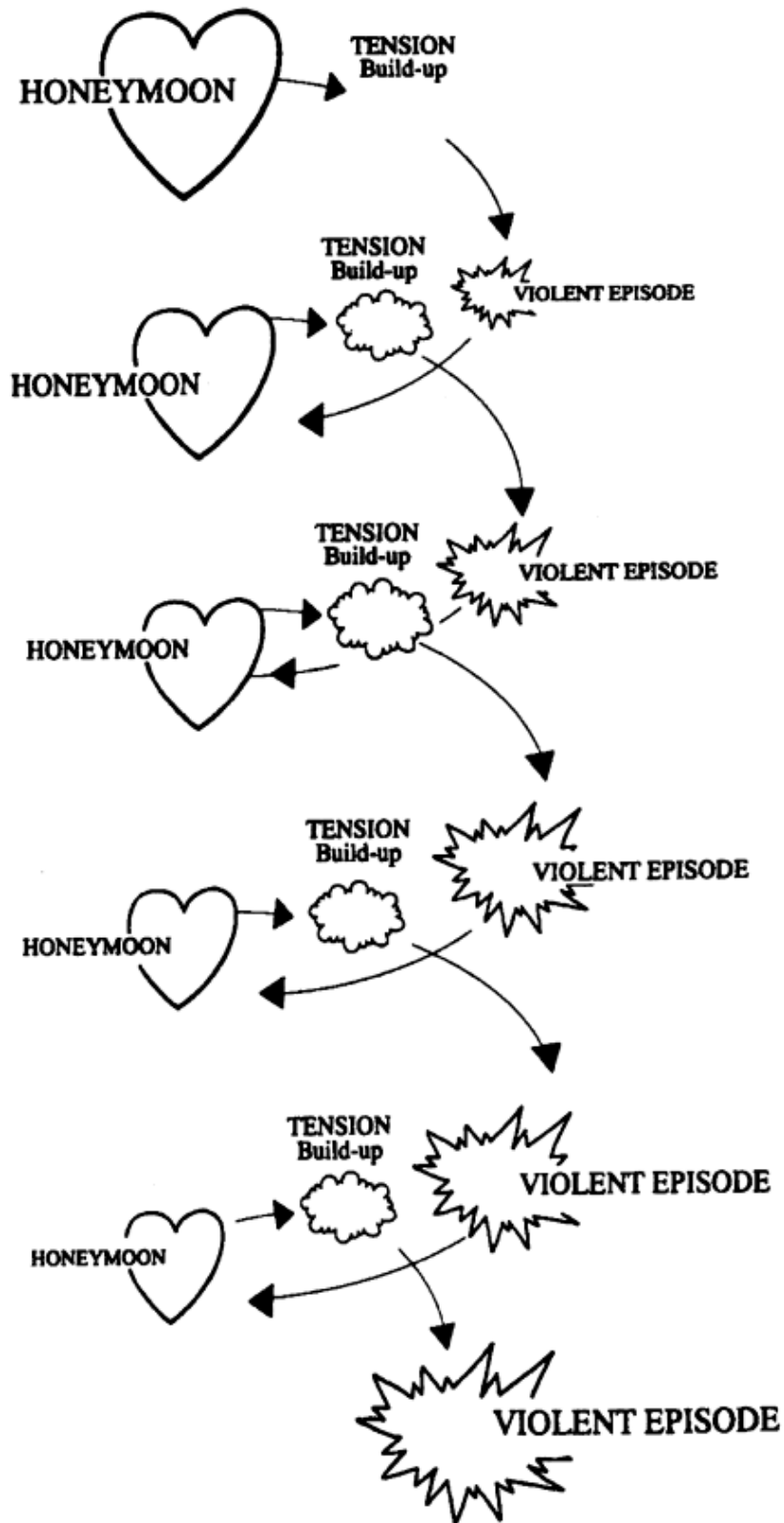
1. **A push for a quick involvement:** Comes on very strong, claiming "I've never felt loved like this by anyone." An abuser pressures the women for an exclusive commitment almost immediately.
2. **Jealousy:** Excessively possessive; calls constantly or visits unexpectedly, prevents you from going to work because "you might meet someone," checks the mileage on your car.
3. **Controlling:** Interrogates you intensely (especially if you're late) about whom you talked to, and where you were, keeps all the money, insists you ask permission to go anywhere or do anything.
4. **Unrealistic Expectations:** Expects you to be the perfect women and meet his every need.
5. **Isolation:** Tries to cut you off from you family and friends; accuses people who are supporters of "causing trouble," the abuser may deprive you of the phone or car or try to prevent you from holding a job.
6. **Blames others for problems and mistakes:** The boss, you - it's always someone else's fault if anything goes wrong.
7. **Makes everyone else responsible for his feelings:** The abuser says "You make angry" instead of "I am angry." Less obvious is the claim "You make me happy."
8. **Hypersensitivity:** Is easily insulted, claiming that his feelings are hurt when he is really mad. He'll rant about the injustice of things that are part of life.
9. **Cruelty to animals and children:** Kills or punishes animals brutally. Also may expect children to do things that are beyond their ability or tease them until they cry. Sixty-five percent of abusers who beat their partners will also abuse their children.
10. **"Playful" use of force during sex:** Enjoys throwing you down or holding you down against you will during sex; says he finds the idea of rape exciting.
11. **Verbal abuse:** Constantly criticizes you, or says blatantly cruel, hurtful things; degrades, cruses, calls you names. This may also involve sleep deprivation, waking you up with relentless verbal abuse.
12. **Rigid sex roles:** expects you to serve, obey and remain in the home.
13. **Sudden mood swings:** Switches from sweetly loving to explosive violent in a matter of minutes.
14. **Past battering:** Admits to hitting women in the past, but says they made him do it or the situations brought it on.
15. **Threats of violence:** Makes statements like "I'll kill you" and then dismisses them with "Everybody talks that way" or "I didn't mean it." If he comes this far, it is time to get help or get out.

THE CYCLE OF VIOLENCE



- ★ The Cycle of Violence can cover a long or a short period of time.
- ★ The violence usually gets worse.
- ★ The "honeymoon phase" and the "denial" phase will eventually disappear.

THE CYCLE OF VIOLENCE OVER TIME



PHASES OF THE CYCLE OF VIOLENCE

Phase One: Tension Building State

He attacks her verbally with insults, put-downs, accusations. Minor battering incidents occur. She tries to calm him, trying to anticipate his every whim. As tension builds, she becomes more passive, he becomes more oppressive. She blames herself for not being able to control the situation. Nothing she tries works and a feeling of hopelessness begins to grow within her. The tension becomes unbearable.

Phase Two: Acute Battering Incident

Tensions that build up in Phase One erupt in violence. The incident is usually triggered by an external event or by the internal state of the man, rather than by the woman's behavior. It is during this stage that the woman is most likely to be sexually assaulted, physically injured, or killed.

Phase Three: Honeymoon Stage

After the acute battering incident, the man becomes extremely loving, kind and contrite. He tells her that it happened because he had a bad day at work or had too much to drink. He begs forgiveness and promises it will never happen again. He tells her that he still loves her and needs her more than ever. For a time he becomes the perfect husband, father, lover, friend. As their relationship deteriorates, his loving behavior is increasingly important to her. For a time he seems like the man she fell in love with. The "Honeymoon" stage also causes the woman to doubt the abuse ever took place, or if it did, to think that she caused it. The purpose is to invalidate the memory of the abuse.

Guilt also holds her. They both believe she is responsible for his future welfare, or, if she leaves, for breaking up the home. However, if she stays, it is not long before the loving behavior gives way to small battering incidents, and a new cycle of violence begins.

Over time, the cycle of violence shifts. The honeymoon periods become shorter; denial, tension and violence increase. Eventually the couple only experiences affection and tenderness during a honeymoon stage, after a beating. The absence of other closeness in their lives makes them increasingly desperate and hopeful during the honeymoon phase, especially as the time period becomes shorter and the violence increases. The cycle becomes a trap—there is hope during the quiet periods that it will end, but it doesn't end.

LET GO

To 'let go' does not mean to stop caring,
it means I can't do it for someone else.

To 'let go' is not to cut myself off,
it's the realization I can't control another.

To 'let go' is not to enable, but to allow
learning from natural consequences.

To 'let go' is to admit powerlessness,
which means the outcome is not in my hands.

To 'let go' is not to try to change or blame another,
it's to make the most of myself.

To 'let go' is not to care for, but to care about.

To 'let go' is not to fix, but to be supportive.

To 'let go' is not to judge,
but allow another to be a human being.

To 'let go' is not to be in the middle arranging all the outcomes,
but to allow others to affect their destinies.

To 'let go' is not to be protective,
but to permit another to face reality.

To 'let go' is not to deny, but to accept.

To 'let go' is not to nag, scold, or argue, but instead
to search out my own shortcomings and correct them.

To 'let go' is not to criticize and regulate anybody,
but to try to become what I dream I can be.

To 'let go' is to not regret the past,
but to grow and live for the future.

To 'let go' is to fear less, and love more.



Safety Checklist

The purpose of this checklist is to help you plan to leave an abusive situation quickly and safely.

Safety during a crisis situation:

- Call 911 and yell loudly to alert neighbors
- Arrange for a friend or neighbor to call the police if they hear a disturbance coming from your home
- Have a code word to use with your children, family, friends or neighbors
- Use your right to protect yourself until you are out of danger.

Safety when planning to leave:

- Build your independence by getting your own bank account and/or credit card.
- Tell no one about the account and ensure the bank will not send you mailing or release account information to anyone but you. This is easily done and very common.
- Leave a packed bag with someone you trust in case you have to leave quickly. Don't forget money, an extra set of keys, copies of important documents, extra medication, clothes, toiletries, and essential supplies for you children.
- Take or photocopy all important documents (restraining orders, birth certificates, visas or passports, divorce papers, custody papers, social insurance card, health care cards, driver's license, bank book, deed or rental agreement). Keep important documents in a safe place for easy access in a crisis.
- Take something meaningful for your children: a favorite stuffed animal, toy or book.
- Arrange for a safe place to go before you decide to leave.
- Keep shelter and emergency numbers close at hand. **(Transition House: 459-2300)**
- Have change or a calling card for emergency calls.
- Contact Child Protection Services for help if necessary.

**** Review your safety plan often to ensure a quick and safe departure once you decide that it's time to leave. ****

Safety when you're on your own:

- Change the locks on your doors and secure your windows.
- Make sure your children have a safety plan for when you are not with them.
- Inform school or daycare about who has permission to pick up your children.
- Inform your neighbors and landlord that your partner no longer lives with you.

Safety with a restraining order:

- Keep it with you at all times and give a copy to a family member, trusted friend or neighbor.
- Call the police if your abuser violates the order.
- Determine other ways to stay safe if the police do not respond immediately.
- Inform family, friends, neighbors and your physician that you have a restraining order.
- Have friends, neighbors or landlord contact the police if they see your abuser near your home. They should provide the police with a description or picture of your abuser and the make, model, and license number of his car.

Safety on the job and in public:

- Decide who at work should know about your situation (including secretary) and supply them with a photograph of your abuser, if necessary.
- Screen your telephone calls.
- Make sure you can leave work safely.
- If you drive, park in a safe place.
- Ask someone to escort you to your means of transportation.
- Use a variety of routes home, if possible.

Why do Women Stay?

Some people think that most women obviously don't mind the abuse because they continue to live with the abuser. They could leave whenever they wanted.

NOT TRUE!

There are many reasons why a woman might stay.

SHE MAY STAY BECAUSE...

- ◆ She loves her partner, not the violence.
- ◆ She made a commitment to the marriage that she feels that she can't break.
- ◆ She believes that her partner needs her and can't get along without her.
- ◆ She may be confused, because her partner appears to be loving and caring after the violence.
- ◆ Her partner makes her feel guilty and tells her the abuse is her fault anyways.
- ◆ Her partner promises never to beat her again, and begs her to stay.
- ◆ She hopes her partner will change. She thinks she can change the abuser's behavior.
- ◆ Living with fear can break a woman. It can keep her from making even the simplest decisions.
- ◆ Abuse takes away a woman's confidence and self-respect.
- ◆ Some women see no other choice for themselves.
- ◆ She doesn't have the education or the money to make it on her own. She can't afford to move out and support herself and the children.
- ◆ She is afraid or ashamed.
- ◆ She is often made to feel that if she leaves, she is to blame for 'breaking up the family.'
- ◆ She wants her children to grow up with their father.
- ◆ Women are taught to believe that their worth is measured by their ability to keep a man. Some women feel that a man who is sometimes violent is better than no man at all.

Looking At Both Sides

Should I stay? Should I leave? List the good things and the bad things about staying and leaving the relationship.

[illegible]

Love is....

HONESTY

Caring



Comfort

pleasure



Trust

communication



Compromising

closeness

openness



Respect



friendship



Love

sharing



Love isn't....

Jealousy

possessiveness



Violence

Pain



Obsession

Cruelty



Getting Pregnant

FEAR



Learning the Difference



After a while you learn the subtle difference between holding a hand
and chaining a soul,

And you learn that love doesn't mean leaning and company
doesn't mean security,

And you begin to learn that kisses aren't contracts and presents
aren't promises,

And you begin to accept your defeats with your head up and your eyes ahead,
with the grace of a woman not the grief of a child, and learn to build all your
roads on today because tomorrows' ground is too uncertain for plans and
futures have a way of falling down in mid-flight,

After a while you learn that even sunshine burns if you ask for too much.

So you plant your own garden and decorate your own soul instead of waiting
for someone to bring you flowers.

And you learn that you really can endure...that you really are strong and you
really do have worth.

And you learn and learn...with every goodbye you learn.

☒ Accepting the End of a Relationship ☒

The stages that a person often goes through during a breakup have been compared to that of the death of a loved one. See if any of the following fit your experience.

The Denial Stage

The first stage in the move toward acceptance is non-acceptance. People who are ill deny the illness. Enablers may first deny the abuse problem exists, or may begin to deny it later as the process of change appears too difficult. Avoidance and minimizing are common. Denial appears to originate from a person's fear – fear of betraying the abuser or fear of losing the relationship or fear of the therapy process itself. Supportive, caring confrontation is needed to help people work through the denial.

The Anger Stage

When people can no longer deny the problem exists, feelings of self-pity and anger take over. “Why? Why? Why?” and “Why Me” itself. Their efforts at control failed. Physical separation or pronounced emotional separation may occur. At this point, people will benefit most from learning to recognize how the abuser is controlling the situation.

The Bargaining Stage

This is a last grasp at hanging onto the old ways. For the dying person, it's “Please God, let me live one more day.” For the enabler, it becomes “How can we get treatment for the abuser” or “How can I get the abuser committed?” The solutions still carry a strong element of attempts at control. “Letting go” is what is really needed.

The Depression Stage

When denial, anger and bargaining prove fruitless, people endure a period of depression. They may isolate themselves or refuse comfort. They cry. Sometimes they continue to grieve their loss for years, becoming locked in a self-defeating cycle. Action is needed here. Joining with others experiencing or having experienced similar situations, they can gain the knowledge and the strength to proceed to the final stage – acceptance.

The Acceptance Stage

At this point, the person accepts true powerlessness. People readily admit, and accept positively that they cannot control the abuser or the abuse. They turn the problem over to some power greater than themselves, say goodbye to the old goals and begin to establish and work toward new goals which are consistent with a non-controlling accepting lifestyles based on healthy relationship patterns.

Conclusion

The message in all of this is one of hope. “Enabling” behavior is learned. However, one can learn to accept that they are unable to change the abuser. They learn that they can change themselves and they can handle the responsibility of that change. They are able to detach themselves emotionally and physically from the abuser's problem. They are free to give the problem back to the abuser. They can care about, not take care of, the abuser.

RELAX YOUR STRESS AWAY

Great Ways to De-stress

Your shoulders are tense, your back hurts. You feel grouchy and know it's all due to stress. What can you do? The relaxation techniques described below can help relieve both the physical and emotional tension that often follows stressful situations.

Relax Your Body

The next time you feel the effects of too much stress, try some of the following ways to help you relax.

Deep Breathing. While sitting, lying down, or standing, close your eyes and breathe in slowly. Let the breath out for a count of 5-10 seconds. Take ten of these super relaxing breathes any time you feel tense.

Stretching. Practice simple stretches such as the 'neck stretch' stretch your neck by gently rolling your head in a half-circle, starting at one side, then dropping your chin to your chest, then to the other side.

Exercise. All kinds of physical activity - hiking, running, bowling, walking, etc. - help to reduce stress.

Take a bath. Ask household members to allow you at least 30 minutes of uninterrupted time.

Get a massage. A massage is a wonderful way to get rid of physical tension. Professional masseuses generally take 30 minutes to an hour, and will work on specific areas of tension, such as lower back or neck. Check out massage schools such as *Kine Concept* for inexpensive massages.

Eat well. Reduce caffeine and alcohol intake. Find out if your diet is well-balanced, and take steps to eat healthily to help reduce stress.

Relax Your Emotions

Relaxing your emotions can be just as important as relaxing your body in relieving stress.

Talk. Take the time to talk with a friend, mate or child. Express feelings you might have been holding in. Walking in a quiet neighborhood or a park, can limit distractions.

Laugh. Go to a comedy club, see a funny movie, or spend time with a funny friend.

Cry. Crying can be as good a release as laughing. If you haven't cried in a long time, try listening to sad music,

watching a sad movie or writing about a sad experience.

Read. A good book is a great escape. Reading a tear-jerker or comedy can help release pent-up emotions.

Do something you love. When you enjoy yourself, whether it's gardening, going to the beach, or seeing friends, you relax your emotions.

Create Stress Reducers

These are just a few stress reducers you can try. You can create your own healthy stress reducers (without drugs or alcohol) or use those listed above. You'll feel better and stay healthier if you do.

Relax your "Stress Triangle"

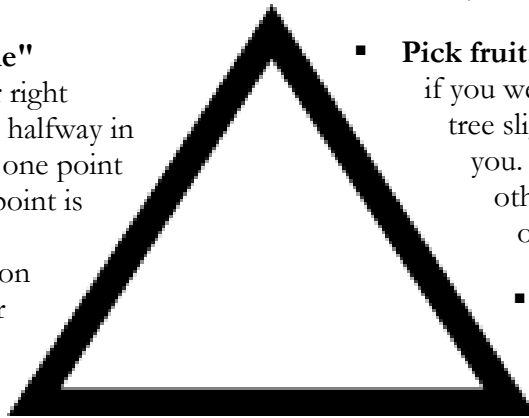
Exercises to Relieve Headache and Tension

Internet Source: <http://www.emc.maricopa.edu/academics/physed/wellness/fittwenty.html>

Traffic gets worse. It's your busy season at work. The kids are arguing. Your shoulders tense, your neck aches, you feel as if your head is gripped in a vise! The head, neck, and shoulder areas (which form the "stress triangle") are the places where we hold much of our tension. Learning how to release the tension in these muscles can help us relax and "de-stress."

Find Your "Stress Triangle"

Place your left hand on your right shoulder. Move your fingers halfway in toward your neck. You're at one point of the triangle. The second point is the same place off your left shoulder. The third point is on your forehead, between your eyes. This "stress triangle" is where we hold much of our tension.



Why Tense Muscles Hurt

Your muscles tighten to protect you. That was important to your prehistoric ancestors, who needed to fight or run. But usually, you don't need that protection. When your muscle shortens, and then holds that position, "metabolites" (the waste products from muscle activity) get trapped, causing pain. The pain is released when the muscle regains its natural length.

Stretch Away Tension

These simple stretches and rolls can help relieve tightness in your "stress triangle."

- **Neck roll.** Stretch your right ear to your right shoulder, keeping your left shoulder

pulled down. Roll your head down so your chin is on your chest. Continue on to your left side. Do rolls from side to side. Begin with eight, and build up to 16.

- **Shoulder shrug.** Draw a big circle with your shoulders, one at a time. Start with four, build up to eight times, going forward, then back.
- **Pick fruit.** With one hand, reach up as if you were picking an apple from a tree slightly ahead and far above you. Go from one arm to the other, building up to eight times on each side.
- **Massage yourself.** Use your right hand to work on your left shoulder and left hand on your right shoulder. Work your fingers gently but firmly, beginning with your shoulder blade, moving up toward the neck and including the scalp.
- **Standing body roll.** Let your head roll forward until your chin is on your chest. Keep rolling down as your knees begin to bend. When your hands are hanging near your knees, rest there a moment and slowly roll back up. Work up to ten times.

Welcome Release

At work, at home, or wherever you are, take a few moments to release stress. Use these exercises once an hour, if necessary. You'll feel better and prevent tension from building up in your body.

Five Steps to Build Self-Esteem

Get to know yourself

Before you can believe in your ability to take care of yourself, you need to understand yourself. What is important to you? What are you passionate about? How do you feel about yourself? What are your strengths? What will you fight for?

Realize that no one is perfect

Self-confidence tends to ebb and flow as we encounter different situations. No one is ever perfectly self-confident in all circumstances. The key is to value ourselves as we are, and recognize that no matter what we are trying out best. So, forgive yourself for your mistakes and know that you are valuable and important without needing to be perfect.

Recognize mistaken assumptions

According to Albert Ellis, a well-known psychologist, unhappiness and low self-esteem occur because people have unreasonable beliefs about themselves. Basically, these unreasonable beliefs pressure people to think and act a certain way and eventually make them feel incompetent and unworthy. What mistaken assumptions do you have? Do you believe that everyone should be like you? Do you believe you should do everything well? Do you show you care by worrying? To boost your self-esteem, try to figure out your mistaken assumptions.

Challenge mistaken assumptions

Once you have identified your mistaken assumptions, Ellis says you will have the opportunity to change how you think, how you behave, and what you expect from yourself and others. Most likely then, by decreasing your expectations and rethinking your mistaken assumptions, you will be a little gentler on yourself and increase your self-esteem.

Accept and love yourself

Be kind to yourself and value your strengths. Treat yourself as you would treat someone you care deeply about. Know that bad things do happen to good people for no

apparent reason. When life gets tough, be gentle with yourself. Ask yourself: what's the most loving thing I can do for myself right now? Then do it!

What is Self-Care?

Self-care is very simple; it's about taking care of the most important person in your life – you. Women often pay attention to the needs of everyone else in their lives (children, partner, friends, co-workers, animals), but neglect themselves. As caretakers women tend to feel guilty and selfish about seizing self-care time.

Self-care could be:

- A bubble bath.
- A cup of tea.
- A day away from the children.
- A facial or massage at a spa
- An hour of meditation.
- Reading a book.
- Taking the phone off the hook.
- Watching a sappy, feel-good movie.
- Enrolling in a class.
- Having a nap when you feel tired.

Taking time for yourself (and away from family, friends, work or school) does not mean that other parts of your life are not priorities, or that you don't care about them. This is simply not true. A women's self-care is not just important, but essential for well-being. Rather, think about self-care time as a refresher – when you feel rejuvenated and happy you will be better able to support others.



Self-care can be anything you want it to be: anything that lifts your mood, energizes you, and makes you feel better about yourself. So, whenever you feel scattered, upset, lonely, scared, angry... ask yourself:

What is the most loving thing I can do for myself at this very moment?

Now go ahead – do it!

[illegible]

[illegible]

Assertive, Submissive, and Aggressive Behavior

Internet Source: <http://www.members.tripod.com/colla/social/growth/assertiveness.htm>

The way we behave in different circumstances and conditions can be termed under three different 'types' of behavior – Submissive, Assertive and Aggressive. We all exhibit these three types of behavior in different circumstances, though we may tend to emphasize one of them more than the others.

Submissive behavior tends to be exhibited by those who attempt to gain the approval of others and avoid hurting or upsetting anyone.

Aggressive behavior tends to be exhibited by those who have little or no concern for other people's ideas, feelings and needs.

Assertive behavior tends to be exhibited by those who respect the rights of other people to express their ideas, feelings, and needs, while at the same time recognizing that they too have the right to express and pursue such matters. Being assertive means:

People who Demonstrate Submissive Behavior:	People who Demonstrate Aggressive Behavior:	Being Assertive Means:
<ul style="list-style-type: none">▪ Tend not to stand up for themselves.▪ Express their views in a very cautious or mild manner, or they may not express them at all.▪ Usually allow others to push ahead of them in their careers and allow others to take credit for work they themselves have completed. They may well resent such actions but are too compliant to do anything about it.	<ul style="list-style-type: none">▪ Use of sarcasm,▪ Adopt a patronizing attitude,▪ Place the blame for problems and mistakes on someone else▪ Use verbal hostility and abuse.	<ul style="list-style-type: none">▪ Being honest with yourself and others.▪ Having the ability to say directly what you want, need, or feel, but not at the expense of others.▪ It means having confidence in yourself and being positive, while at the same time understanding other points of view.▪ Being able to negotiate and reach workable compromises.▪ Having self-respect and respect for other people.
Typical Submissive Statements:	Typical Aggressive Statements:	Typical Assertive Statements:
<ul style="list-style-type: none">▪ "I'm sorry to take up your time but..."▪ "Would you be upset if we..."▪ "It's only my opinion but..."	<ul style="list-style-type: none">▪ "Don't ask questions – just do it..."▪ "That's stupid."▪ "It's nothing to do with me – it's all your fault."	<ul style="list-style-type: none">▪ "I believe that... what do you think?"▪ "I would like to..."▪ "What can we do to resolve this problem?"

Steps to Assertiveness

Step 1: Know that you are important.

Self-esteem is an important element in the development of assertiveness. To be assertive you must recognize that your needs are important. You need to know that you are valuable, capable, and worthy: you are worth defending.

Step 2: Recognize and establish boundaries.

Recognizing personal needs and wants is an important step to developing assertiveness. Once you know your boundaries you will recognize when someone crosses them.

Step 3: Trust your intuition.

Trusting intuition (your spider senses) is key for self-defense. Everyone experiences intuition differently. Figure out how your intuition works, then trust it, and act on it when you feel it.

Step 4: Establish eye contact.

Eye contact indicates confidence. It's essential when you are expressing feelings or thought. Without it you appear uncertain and insecure. Practice using eye contact.

Step 5: Refuse to show fear.

Even if you feel uncomfortable or fearful, it is effective if you can fake a confident attitude and not show fear. If you act like you are not afraid, you likely will not feel as afraid, and the other person will believe you are not afraid as well.

Step 6: Display strong body language.

Centre or ground yourself by taking a deep breath and placing your feet shoulder length apart. You will feel more in control. Also, remember to be consistent with what you say and what your body language portrays. Saying no and smiling gives a mixed, confusing message.

Step 7: Put a barrier between you and the aggressor.

A simple way to get some breathing space is to put a hand (or some other barrier) in between you and the aggressor.

Step 8: Maintain a neutral and calm tone of voice.

Expressing your thoughts and feelings in a non-aggressive manner and with a calm tone of voice demonstrates that you are reasonable, composed, and in control.

Step 9: Use "I" instead of "You" statements.

If you begin a sentence with 'I feel' rather than 'you should' you will be expressing your wants without being aggressive. This is a good way to avoid increasing a conflict.

Step 10: Repeat your message.

Give your message. If the person continues the behavior, repeat the message. If the inappropriate behavior continues repeat the message again. If the behavior is repeated a third time, give the message one more time, but get out of the situation. The person is obviously not listening to you or respecting your wishes.



My Assertive Self

Sentence completion helps a person better understand herself. **Without thinking**, add to the following sentence stems. Write as many endings as you can. Don't be concerned about whether the sentences make sense or not. Just write something. Then ask yourself, what do these sentences say about me? What do they say about my assertiveness?

Assertiveness is _____

If someone told me my wants were important _____

If I had the courage to treat my wants as important _____

When I ignore my wants _____

If I were willing to voice my opinions more often _____

When I remain silent about what I want _____

When I hide who I really am _____

If I want to live more completely _____

I can express my wants by _____

Contact with the Man Who Abused You

You can give yourself lots of reasons to call the man you left, but wait. Don't do it. Give yourself the same advice you would give an alcoholic about just one drink: It's not worth the risk.

For the first week, try to follow two rules:

1. Don't see the man, no matter what.
2. Don't talk to him on the phone, no matter what.

These rules may seem easy the first few days after you've left. You may be able to both see and feel your injuries. You may think you never want to see your abuser again. But some time during the first or second week, these feelings may change. Your wounds are healing and you may begin to remember some happy times with him. This is an important time. Get ready for it. Here's how:

Most Dangerous List

Make a list of the worst things your partner has done to you. Include every pain and humiliation. These things are dangerous to your physical and mental health. Include the things he said to you afterward, whether cruel or loving. You're probably going to hear those "loving" promises again. This sheet will help you remember how little they meant. It will help you remember how short the "honeymoon period" was.

Maybe you think you'll never forget the terrible things he's done. But remember the last time you took him back? Didn't you forget then? Write it all down whether you believe you can forget or not. It will be painful – but it could save your life!

Most Dangerous List

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Best Memories List

Now make a list of the good things, the happy times and all the hopes and dreams. Include the things you like or admire about the man.

Best Memories List

[illegible]

Compare the lists – relive your feelings during good times and bad. Were the good things worth the bad ones?

Change List

“We could be happy if only he would...” Make a list of the most important “if only’s.” What things would he have to change for you to risk going back? A sample list might include:

- Never hit me, no matter what I do.
- Not insult me or make fun of me.
- Go to AA for at least six months.
- Not try to stop me if I want to see friends, or get a job.
- Give me a certain sum of money monthly. No questions to be asked about how I spend it (We can decide on the amount of money together.)

Change List

Check mark any changes he said he'd make in the past, but didn't. Also check those he has refused to discuss with you. Have you any reason to believe things will be different in the future? Has he started to make big changes on any item listed?

If he has started to make some changes, that's good. But wait a while. See how long they last. Is it safe to go back to him because he promised? Or because he says he called a counselor or even if he went to a counselor one time? It's easy for him to promise. The real test is whether he follows through. It will be months before you can be sure.

Using the Lists

Read the lists any time you're tempted to call or see the man. Read the *Most Dangerous List* aloud. Force yourself to live through the abuse again in your mind. Always keep the list near you. You'll be able to read it any time you feel weak. It can stop you from getting in touch with him. Read the *Best Memories List*, too. You can look at both the good and the bad, and think, "Yes, Bill can be sweet. He gives me roses. He's fun. He really listens to me sometimes. But those times can never make up for the others. Like the names he calls me or when he pushes me around. They make me feel like the lowest person on earth."

Read your *Change List*. Check the items he's actually changed and for how long a period. Change what's actually happened with what the list demands. The answers to what you should do will be right there in front of you.

THE COURAGE TO BE MYSELF

- I have the courage to embrace my strength
- Get excited about life
- Enjoy giving and receiving love
- Face and transform my fears
- Ask for help and support when I need it
- Spring free of the "Superwoman Trap"
- Trust myself
- Make my own decisions and choices
- Befriend myself
- Complete unfinished business
- Realize that I have emotional and practical rights
- Talk as nicely to myself as I do to my plants
- Honor my own needs
- Give myself credit for my approval
- Love the little girl within me
- Overcome my addiction to approval
- Grant myself permission to play
- Quit being a "Responsibility Sponge"
- Feel all of my feelings and act on them appropriately
- Nurture others because I want to, not because I have to
- Choose what is right for me
- Insist on being paid fairly for what I do
- Set limits and boundaries and stick by them
- Say "yes" only when I really mean it
- Have realistic expectations
- Take risks and accept change
- Grow through challenges
- Be totally honest with myself
- Connect erroneous beliefs and assumptions
- Respect my vulnerabilities
- Heal old and current wounds
- Savor the mystery of Spirit
- Wave goodbye to guilt
- Plant "flower" not "weed" thoughts in my mind
- Treat myself with respect and teach others to do the same
- Fill my own cup first, and then nourish others from the overflow
- Own my own excellence
- Plan for the future but live in the present
- Value my intuition and wisdom
- Know that I am lovable
- Celebrate the differences between people
- Develop healthy, supportive relationships
- Make forgiveness a priority
- Accept myself just as I am now



A Done List

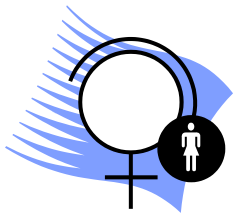
Before going to bed tonight, write down everything that you have accomplished today. Give yourself credit for what you did do, instead of what you didn't. For example: ate healthy today, went for a walk, etc...

[illegible]

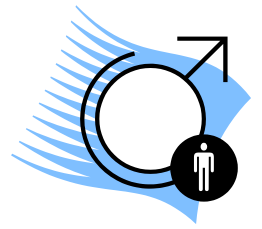
A Collage of Comforting Images



Clip appealing pictures from magazines, photocopy happy photos of friends and family, add keepsakes from good times. Play with the images like a puzzle, striving to create connections with your inner self. See what you learn about yourself and what comforts you.



SEXUAL COMMUNICATION



KNOW YOUR BOUNDARIES: Know your sexual limits and expectations before you enter a relationship. Then discuss your boundaries with your partner early on so there is no miscommunication when you become intimate.

SPEAK UP: Expecting a person to read your mind or body language is dangerous. Unfortunately, many people misinterpret silence for consent. Stop this from happening by letting your preferences be heard. Speak up!

BE CLEAR: State exactly how you feel – directly and honestly. Making excuses (“I’m not sure we should” or “I’m afraid of getting pregnant...”) only implies that you are unsure. The other person may feel that you just need to be convinced.

USE “I” STATEMENTS: Avoid “you” statements that attack or put down the other person (“You make me feel” or “the trouble with you is...”). Owning your feelings (“I don’t want to” or “I feel...”) is a much more effective strategy.

DON’T APOLOGIZE: There is no need to explain or apologize for saying “no”. It’s your right to decide what is best for you. Guilt is unnecessary.

AVOID INSULTS: Although you may be deeply upset with the person, it’s more effective to reject the person’s behavior, not the person.

BE CONSISTENT: Match your body language to what you are saying. Smiling when you say ‘no’ gives the person mixed messages.

KEEP A CALM VOICE: Your tone of voice can be more important than the words you choose. A timid voice will not be taken seriously. Shouting will escalate the conflict.

USE EYE CONTACT: Use direct eye contact to demonstrate strength and courage. Eye contact shows you mean what you say.

BE AWARE: Be mindful of gender stereotypes that stop you from stating your feelings and rights. The pressure to “be a lady” can stop women from being assertive.

DO NOT ACCEPT DISRESPECT: If you repeat your boundaries and the other person does not listen or respect your wishes, get out of the situation.

Goal Setting

What are some things that you would like to accomplish today, this week and even in the future? Take a few minutes now and set a few goals for yourself. For example, a goal for today could be to give yourself a manicure or set up a doctor's appointment.

Goals for Today

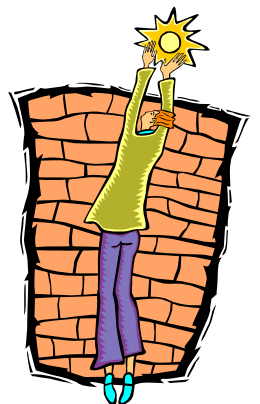
1. _____
2. _____
3. _____
4. _____
5. _____

Goals for This Week

1. _____
2. _____
3. _____
4. _____
5. _____

Goals for the Future

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



The Lines



The Responses

The following are examples of “The Lines” that women are often fed; they are also examples of verbal coercion. Sometimes “The Lines” are said by people we are attracted to and want to like us. This can make our responses more difficult. To give you some options we have listed a number of responses to “The Lines.” Try not to use a response if you don’t mean it. Your response will be most effective if you are genuine and honest.

The Lines	The Responses
If you love me, you’ll have sex with me.	If you love me, you’ll respect my feelings and not push me into doing something I’m not ready for.
I just want to show you how much I care.	We can do (this). It shows we care about each other just as much.
There are plenty of other women who would, you know.	There isn’t another one of me. If you want to be with me you will respect my wishes.
You are soooo beautiful I can’t help wanting you.	Thank you. I’m glad you think that I’m beautiful, but that doesn’t mean we have to have sex.
Oh, come on, you know you want to.	No, I really don’t. I’ve got a lot of plans for my life, and getting pregnant would screw them up.
Why did you come back to my place if you didn’t expect to have sex?	I came to your place to have fun; we can have fun without having sex.
Don’t you find me sexy? Don’t you want me?	I do find you sexy, but we don’t have to have sex to prove it.
After everything I did for you (dinner, foreplay), this is the least you can do for me.	I appreciate those things but I will not have sex with you to repay you.
Trust me.	I do trust you; I wouldn’t be with you right now if I didn’t.

82 PRESENTS TO GIVE YOURSELF

- 
- Walk instead of ride
 - Give yourself a compliment
 - Break a bad habit, if just for today
 - Search out a long-lost friend
 - Read a poem aloud
 - Look at the stars
 - Visit a shut-in
 - Be thankful
 - Use a new word
 - Frame a picture
 - Enjoy silence
 - Walk to the nearest park
 - Forget an old grudge
 - Take yourself to lunch
 - Help a stranger
 - Try a new food
 - Go to the library
 - Take a risk
 - Jump into a pile of leaves
 - Tell someone you love them
 - Take a rainy day nap
 - Sign up for a class
 - Do something you've always wanted to do
 - Contact someone you've been thinking of
 - Meditate
 - Learn something new
 - Surprise a child
 - Hug someone
 - Sing in the shower
 - List 10 things you do well
 - Walk in the rain
 - Pay a compliment
 - Give away something you don't like
 - Waste a little time
 - Curl up before a fire with some cocoa
 - Buy a ticket to a special event
 - Return something you borrowed
 - Organize some small corner of your life
 - Pop popcorn
 - Turn off the TV and talk
 - Draw a picture, even if you can't draw
 - Practice courage in one small way
 - Keep a secret
 - Eat with chopsticks
 - Go wading
 - Bake bread
 - Smell a flower
 - Kiss someone
 - Send a card to someone for no reason
 - Clean out your wallet
 - Take an early morning walk
 - Laugh at yourself
 - Tell a joke
 - Look at old photos
 - Walk barefoot
 - Talk to a pet
 - Visit a lonely person
 - Encourage a young person
 - Go for a swim
 - Give yourself a present
 - Build a sandcastle
 - Follow your impulse
 - Write a poem
 - Start a new project
 - Volunteer some time to a good cause
 - Have breakfast in bed
 - Reread your favorite book
 - Give your dog a bone
 - Take a different road to get home
 - Watch the sun set
 - Let someone do you a favor
 - Allow yourself to make a mistake
 - Hide a love note where a loved one will find it
 - Make a surprise gift
 - Go to a fair
 - Lie on the grass
 - Do something hard to do
 - Rearrange a room
 - Get up before anyone else
 - Let someone love you
 - Hum
 - Take a bubble bath

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



If I Had My Child to Raise Over Again

If I had my child to raise over again,
I'd build self-esteem first, and the house later.
I'd finger-paint more, and point the finger less.
I would do less correcting and more connecting.
I'd take my eyes off my watch, and watch with my eyes.
I would care to know less and know to care more.
I'd take more hikes and fly more kites.
I'd stop playing seriously, and seriously play.
I would run through more fields and gaze at more stars.
I'd do more hugging and less tugging.
I'd see the oak tree in the acorn more often.
I would be firm less often, and affirm much more.
I'd model less about the lover of power,
and more about the power of love.

~ Diane Loomans

Flowers

I got flowers today. It wasn't my birthday or any other special day.

We had our first argument last night,
And he said a lot of cruel things that really hurt
I know he's sorry and didn't mean the things he said
Because he sent me flowers today.

I got flowers today. It wasn't our anniversary or any other special day.

Last night he threw me into a wall and started to choke me.

It seemed like a nightmare.
I couldn't believe it was real.
I woke up this morning sore and bruised all over.
I know he must be sorry
Because he sent me flowers today.

I got flowers today and it wasn't Mother's day or any other special day.

Last night he beat me up again.
And it was much worse than all the other times.
If I leave him, what will he do?
How will I take care of my kids? What about money?
I'm afraid of him and scared to leave.
But I know he must be sorry
Because he sent me flowers today.

I got flowers today. Today was a special day.

It was the day of my funeral.
Last night, he finally killed me.
He beat me to death.
If only I had gathered
Enough courage and strength to leave him.
I would not have gotten flowers today.

~ Nancy C. Farquharson

The Fence



There was a little boy with a bad temper. His father gave him a bag of nails and told him that every time he lost his temper, to hammer a nail in the back fence. The first day the boy had driven 37 nails onto the fence. Then it gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence.

Finally the day came when the boy didn't lose his temper at all. He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper. The days passed and the young boy was finally able to tell his father that all the nails were gone.

The father took his son by the hand and led him to the fence. He said, "You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there. A verbal wound is as bad as a physical one".

~ Author Unknown



Enjoy the story of your life and listen to what it is telling you...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

[illegible]