

### **Do You Find That...**

- Your friends and family can't stand your partner, and are worried for your safety?
- Your grades at school are suffering, and/or you skip school a lot?
- You have to rearrange your life around your partner's all the time?
- You feel like you're never good enough?
- It's almost like you're expected to read his/her mind?
- Your partner has a Dr. Jeckyll/Mr. Hyde personality?
- You walk on eggshells all the time?
- You feel tired, sick or depressed often?
- You are not participating in activities you once enjoyed?
- You are constantly making excuses for your partner's actions and behaviors?
- You almost always feel sad, ashamed, worthless, or deserving of the abuse?
- You don't care about your appearance?
- You feel abused? You are afraid?

### **The Stakes Are Higher if:**

- Your partner threatens to kill you or himself/herself
- Your partner has told you how he/she will kill you or himself/herself
- Your partner has weapons, and has used them or threatened to use them
- Your partner has threatened "If I can't have you, no one can!" or other such statements indicating he/she owns you
- Your partner is entirely dependent on you ("I can't live without you"), and is convinced that his/her life is meaning-less if you leave
- Separation from you causes your partner great rage or despair (in his/her mind, leaving no other option)
- You suspect your partner is depressed and should seek treatment
- Your partner still has access to you or your family members (won't stop calling and coming over, even after he/she's been told to stop)
- You've had to call for help frequently in the past
- Your partner has a lack of concern for legal, social or personal consequences ("I don't care if I get arrested...")
- Your partner has taken you hostage in the past
- Your partner has killed or hurt animals
- His physical assaults include sexual assaults
- He/she has a history of abusing other partners, or was abused as a child (sexually or physically)

*(These are only a few behaviors that indicate you are in greater danger of severe physical harm, or even death, by the hand of your partner...)*

### ***NOW ASK YOURSELF*** **What Do I Expect from Someone** **Who Loves Me...**

- |  |                         |
|--|-------------------------|
| ✓ Respect  | ✓ Sharing               |
| ✓ Equality   | ✓ Support               |
| ✓ Honesty  | ✓ Patience              |
| ✓ Trust  | ✓ Caring                |
| ✓ Friendship   | ✓ Kindness              |
| ✓ Openness   | ✓ Gentleness            |
| ✓ Compromise   | ✓ Taking responsibility |
| ✓ Two-way communication                              |                         |
| ✓ Peaceful resolution of conflict                    |                         |
| ✓ Encouraging of outside relationships and interests |                         |
| ✓ <b><u>NON-VIOLENCE</u></b>                         |                         |

Does what you expect from a loving relationship fit the reality of your experience? If not, is this the kind of love you can live with?

### ***Love shouldn't hurt...*** **Does yours?**

Twenty-four hour support is available.  
**24 Hour Toll Free Hotline:**  
**1.800.854.3552**

### **Local Hotline Numbers**

Portsmouth Hotline: 603.436.7924

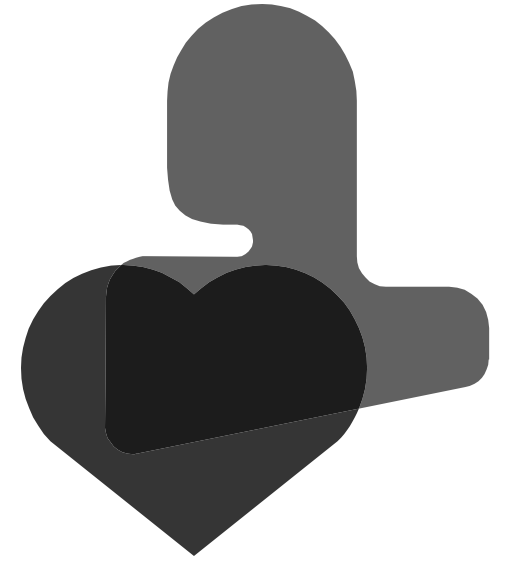
Rochester Hotline: 603.330.0214

Salem Hotline: 603.890.6392

***For the Deaf and hard of hearing only***  
*Call 711 and give them the number you wish to call*  
There is an option of being called back via TTY 24/7

## **You are not alone.**

# **It's Not Just Black and Blue...**



## **It's More Like Shades of Gray**

## **For Survivors of Intimate Partner Abuse**

If you or someone you know is or has experienced any of the many types of abuse found in this brochure, please call A Safe Place at 1.800.854.3552



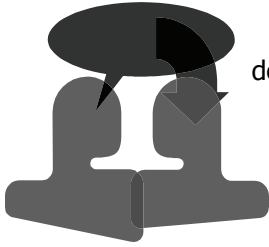
The mission of A Safe Place is to break the cycle of domestic abuse by providing crisis intervention, support services, education and advocacy to survivors, their families, and the community.

All services are free and confidential, regardless of gender, age, physical, mental or emotional ability, sexual orientation, socio-economic status, race, nationality or religion.

## The Many Faces of Abuse: Recognizing the Abuse in Your Life

Abuse is more than physical. The behaviors listed below are examples of ways you can be abused by your partner. Do you see a *pattern* or *frequency* in these behaviors? Abuse can be defined as: a cyclical pattern of coercive and increasingly violent behaviors intended to alter the behavior of the victim, so as to gain complete control, physically and mentally, over the victim.

### Does your partner...



#### Emotional Abuse

- Belittle you
- Call you names
- Constantly criticize you
- Tell you that you're useless as a girlfriend or boyfriend
- Blow your mistakes out of proportion
- Always bring up the "wrong" you did in the past
- Deliberately start arguments
- Always seem in a bad mood
- Give you "The Silent Treatment"
- Never keep promises
- Sabotage your relationships with friends and family
- Demand you keep secrets from parents
- Expect you to agree with him/her, and keep your opinions to yourself
- Constantly act jealous or possessive
- Yell, shout, swear at you often
- Talk over or interrupt you
- Humiliate you in public
- Ridicule your family and friends
- Minimize or deny your hurt feelings
- Threaten to break up with you to keep you "in line"
- Accuse you of cheating on him/her
- Use guilt as a means to control you
- Treat you like a "trophy"
- Decide what activities you can or can't do
- Say that you provoke his/her anger/abuse
- Play mind games
- Coerce you into doing illegal acts
- Pressuring you to not seek treatment for injuries
- Mock your moral values, and create situations to "test" them
- Make fun of your faith
- Criticizing your weight or appearance
- Get jealous of your friends who are of the opposite sex

#### Spiritual Abuse

- Mock your moral values and create situations to "test" them
- Make fun of your faith
- Misuse scripture to justify actions or demands
- Refuse to let you go to your house or worship or bring the children with you
- Get angry when you practice your faith
- Only allow practice of his/her faith
- Claim to be all-powerful/all-knowing

#### Economic Abuse

- Paying for dates or gifts as a way to make you "indebted" to him/her
- Keep you from getting a job
- Confiscate or steal any money you earn
- Harass you at work to get you fired
- Demand you spend your money only on him/her

#### Legal Abuse

- Threaten to make false reports of abuse of children to police/Children's Services
- Use children as pawns to gain the upper hand in legal battles
- Threaten costly or lengthy legal battles to wear you down
- File motions and delays to prolong legal haggling
- Refuse to make court-ordered child support or alimony payments
- Ignore court directives such as restraining orders, division of property
- Threaten to press charges or otherwise compromise your legal standing



#### Psychological Abuse

- Cause intense emotional pain
- Make gestures or movements that are meant to frighten or intimidate you
- Threaten to harm you or loved ones
- Threaten to commit suicide if you break up
- Threaten to use weapons on you
- Destroy your personal belongings
- Drive recklessly with you in the car
- Punch walls, or throw things at you
- Make you doubt your perceptions or experience
- Make you feel like you're going crazy
- Minimize or deny your injuries

#### Sexual Abuse

- Refuse to take "no" for an answer
- Tell you, "If you loved me, you'd have sex with me"
- Coerce you into unwanted sex
- Force you to have sex with other people ("pimping")
- Force you to have unprotected sex
- Demand or force sex acts that you find painful or humiliating
- Cheat on you, and/or expose you to sexually transmitted diseases
- Force "make up" sex
- Insult you sexually or call you sexual names ("fag," "whore," "frigid," etc.)
- Threaten to "out" you
- Refuse to take any responsibility for birth control methods
- Use dangerous and inappropriate objects (guns, bottles, knives, etc.) as "sex toys"
- Brag about having sex with you to others
- Spread rumors about you
- Force you to use alcohol or drugs (including, you suspect, "rape drugs")
- Claiming pregnancy to keep you in the relationship

#### Monitoring/Stalking

- Follow you for no reason, causing you to be fearful
- Track mileage on your car's tachometer
- Demand that you stay at home to wait for his/her phone calls
- Constantly call, page, or show up unexpectedly to check up on you
- Read your diary or notes from friends
- Ask friends/family for information about your daily routine
- Harass you constantly
- Decide what you should/shouldn't wear
- Demand to know your whereabouts
- Hunt you down when you're not where he/she thinks you should be
- Tell you where you can/can't go
- Tell you who you can/can't see or talk to
- Make you account for every minute away
- Prevent you from leaving an argument or calling anyone for help

#### Physical Abuse

- Spit on you
- Grab you
- Pinch you
- Shove or pull you
- Slap or hit you
- Elbow or knee you
- Pull your hair
- Head-butt you
- Bite you
- Twist your arms, fingers, etc.
- Kick you
- Punch you
- Choke or smother you
- Restrain you from leaving
- Burn you (with cigarettes, hot water, etc.)
- Hit you with objects
- Stab you
- Shoot you, or at you

