

DON'T SUFFER ALONE

# ARE YOU BEING ABUSED?



## SIGNS OF ABUSE

Abuse is not just physical, and sometimes it can be confusing to identify. Abuse is about power and control. Knowing the signs can help you and your children regain safety & hope.

God cares about your safety.

Abuse is never acceptable and never your fault.

God didn't create love to hurt.

### PHYSICAL/THREATENING

- reacts violently, intimidates, throws things, punches walls, physically harms me, stalking, threatens to harm me, my children, or pets

### FINANCIAL

- spends uncontrollably, controls how I spend money, only provides a small allowance, keeps me from working, withholds money for basic needs, medical care, etc.

### EMOTIONAL/PSYCHOLOGICAL

- makes me feel crazy, overly critical, judges my feelings, expresses disdain for who I am as a person, controls what I wear, how I talk, who I talk to, blames me for their abuse

### SEXUAL

- forces me into doing sexual things I'm not comfortable with, or withholds intimacy as punishment, views pornography

### SPIRITUAL

- makes fun of beliefs, restricts how I worship, uses scriptures to shame or control me, demands respect instead of earning it

### VERBAL

- calls me names, embarrasses or criticizes me in front of others (makes me want to isolate to avoid embarrassment), yells at me, demeans me, curses at me or kids

### SOCIAL

- isolates me from family and friends, monitors my phone/emails, dictates where I can go and with whom, constantly calls me to check up on me, restricts access to car

### DOES YOUR PARTNER...

- Control what you do or say?
- Accuse you of being unfaithful?
- Control or limit your access to finances?
- Threaten you, your children, family, or pets?
- Force you to do things you don't want to do?
- Talk down to you or humiliate you?
- Constantly check up on you, or expect you to check in with them?
- Make you feel confused, crazy, or completely overwhelmed? Isolate you?

**THERE IS HELP...REACH OUT TODAY:**



[WWW.RESTOREDFORGOD.ORG](http://WWW.RESTOREDFORGOD.ORG)



RESTORED FOR GOOD MINISTRIES

HOPE & HEALING ARE POSSIBLE

## DO YOU SUSPECT SOMEONE YOU KNOW IS BEING ABUSED? KNOW THE SIGNS SO YOU CAN HELP.

- wearing covering clothing even in warm weather (ie. long sleeves to hide bruises)
- "over explains" things
- having to ask permission to go or do things
- overly concerned about pleasing partner
- receiving constant calls or texts from their partner checking on them
- changes in behavior: agitation, fearfulness, anxiety, depression, sleep problems
- has bruises or marks, and makes excuses for how they happened
- overly apologetic, meek, or timid
- her children seem frightened, timid, or extremely well behaved around partner
- disconnects, isolates, is often running late or cancels appointments at the last minute