

Are You a Victim of Domestic Violence?

If one in every four women will be a victim of domestic violence at some point in their lifetime, it is safe to assume that we all know of someone who has been affected.

If you are interested in seeking counseling regarding your personal experience with domestic violence, to help you get through this most difficult, fearful and lonely time of your life, I am here for you, and can relate to what you are going through. You are not alone. We can get through this together and help you begin a new life of independence, healthy self-esteem, a sense of empowerment, feeling safe, and moving forward into the life you really want for yourself.

The first step to ending this devastating epidemic is to be cognizant of the warning signs and symptoms of domestic violence. Awareness can turn into a solution.

Warning Signs

- A partner who puts their significant other down and says hurtful things
- A partner who discourages one from having any close relationships with family or friends
- A partner who places blame and guilt for their own mistakes
- A partner who makes all the decisions in the relationship
- A partner who acts very jealous
- A partner who makes one feel worthless and helpless
- A partner who throws objects
- A partner who physically assaults, such as slapping, kicking, etc.
- A partner who forbids independent activities such as work or school
- A partner who physically abuses the pets or children when angry at other things
- A partner who controls access to money, medication, or necessities
- A partner who demands sex or sexual activities that one does not feel comfortable with or agree to
- A partner who sees one as an object
- A partner who is constantly 'checking up'

Symptoms

- Physical signs such as bruises on the arms, wrist, or face
- Attempting to cover up bruises with makeup or clothing
- Being extremely apologetic or meek
- Making up stories and excuses about clumsiness and being accident prone, rather than telling the truth
- Being very isolated from family and friends
- Having very low self-esteem
- Showing symptoms of depression
- Having limited money, access to the phone or car, etc.
- Problems with drugs or alcohol
- Exhibiting the warning signs of suicide

If you or someone you know is or has been a victim of domestic abuse, please reach out for help immediately. [National Domestic Violence Hotline \(800\) 799-3224](tel:8007993224)