

# DOMESTIC ABUSE

Domestic violence and abuse happens to both men and women in all socio-economic backgrounds and settings. This problem is often overlooked, excused, or denied especially when the abuse is psychological, rather than physical.

Studies show that abuse and control escalates over time. The controlling behavior becomes more frequent, less disguised, more damaging, and closer to lethal over time. The trauma of an abusive relationship will slowly steal your self worth, and alienate you from your support system, trapping you before you realize what is happening to you. Whether your abuse is physical, verbal, or emotional it is hard to admit that someone you love is hurting you.

No one has to live in fear of a person they love. Acknowledging the signs of an abusive relationship is the first step toward ending the abuse. If you would like to talk with someone about your situation, please email [LynnLundberg@fairfax.cc](mailto:LynnLundberg@fairfax.cc) or [EricNickle@fairfax.cc](mailto:EricNickle@fairfax.cc) or call the Domestic and Sexual Abuse Violence Services Hotline at 703-360-7273 (24 hours a day).

## SIGNS YOU ARE IN AN ABUSIVE RELATIONSHIP:

- Partner humiliates you publicly, embarrassing you with foul language or yelling
- Partner insults your looks, your intelligence, or your worth
- Partner displays an intimidating stance, grabs your arm, slaps, chokes or punches you
- Abuser controls you and isolates you from friends and family
- Abuser can go from a pleasant mood to total rage in seconds
- Abuser points out your every fault with serious backlash if you try to correct them
- Abuser tries to convince you that friends and family don't value your relationship
- Abuser manipulates by blaming the partner for everything that goes wrong in their own life
- Abuser manipulates by making you doubt yourself and your self worth as a person

## SCRIPTURE RESOURCES

Though I walk in the midst of trouble, you preserve my life. You stretch out your hand against the anger of my foes; with your right hand you save me. Psalm 138:7

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. 2 Timothy 1:7



So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. Isaiah 41:10

I can do all things through Christ who gives me strength. Philippians 4:1

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.  
2 Corinthians 3:17

But a man who commits adultery has no sense; whoever does so destroys himself.  
Proverbs 6:32

## SUGGESTED READING

- *Why Does He Do That?* by Lundy Bancroft

