

# 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 [care@fairfax.cc](mailto:care@fairfax.cc), as we have resources that could be helpful, or call the Domestic and Sexual Abuse Violence Services Hotline at 703-360-7273 (24 hours a day).