

If you Know Someone Being Abused:

Trust her: Never question if she is being abused. Admitting abuse is the first step and it takes a lot to reach that point of acknowledgement. Your trust and validation right now, is extremely important.

Encourage making a safety plan:

Contact community or national resources to learn more about safety planning prior to exiting the relationship.

Listen without judging: Listen without judgement. People victimized often feel isolated. Therefore, they need to be embraced with support, while knowing they are not alone. Listening is the best support you can give.

Do not criticize the abuser: Criticizing her partner can cause distance in your relationship, making her less likely to come to you for support

Be patient: On average, it takes a woman 7 times to leave an abusive relationship for good. Be patient with her until the day she makes the decision to change her situation.

Contacts

Columbus Police Department (614) 645-4545

City Attorney's Office:
Domestic Violence & Stalking Unit (614) 645-6232

Battered Not Broken,
Domestic Violence Support (614) 715- 4325

CHOICES:
Domestic Violence 24 Hr. Crisis Hotline (614) 224-4663

About Battered Not Broken

Battered Not Broken, Inc. is a 501 (c)(3) nonprofit organization, dedicated to preventing and responding to persons victimized by domestic abuse. Through the belief of the empowerment model through providing 1:1 support, education and the resources needed, participants become conscious of the dynamics of dysfunctional relationships and empowerment is achieved.

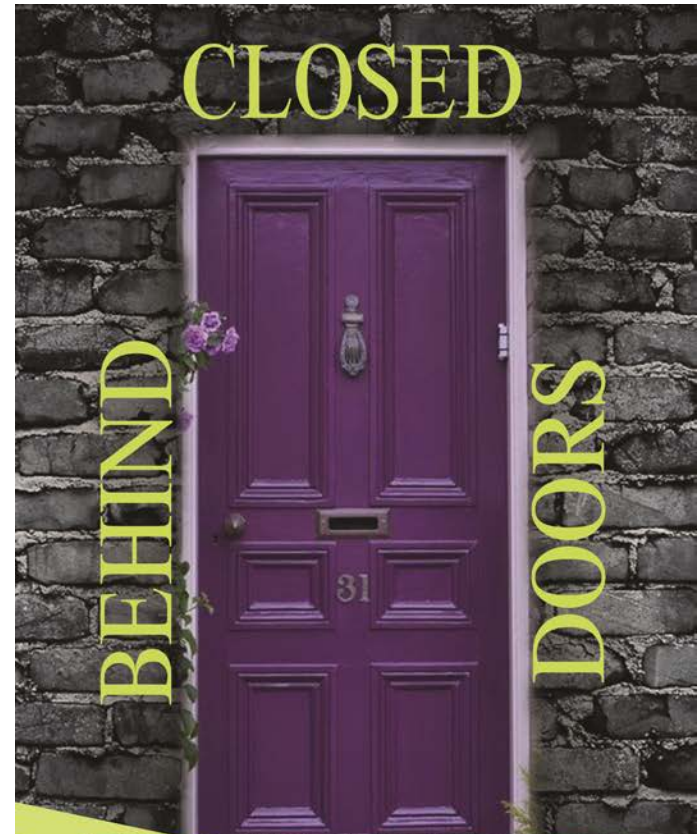
For those victimized from domestic abuse, it's not about placing blame; but about helping them realize character traits and red flags they might have missed within their relationship(s). The ultimate goal is to teach the skills and tactics to avoid finding oneself in another unhealthy or dangerous relationship.

Domestic abuse is never black and white; there are many variables and factors. For that reason, the support and safety plan is tailored specifically to meet the needs of a person's situation and circumstance.



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THE HIDDEN TRUTH BEHIND WHAT DOMESTIC ABUSE REALLY IS

The only remedy to break the cycle of abuse is to raise our consciousness.

-Marica Phipps, Founder



Domestic Abuse 501(c)(3) organization, providing education, support, empowerment and resources for victims of abuse.

Dynamics of Abuse

Domestic abuse is extremely complicated and never as visible or easy to distinguish as people think.

Abuse is more than black eyes and swollen lips. Most times in cases of abuse, a person has never been injured physically. At its core, abuse is about manipulation, narcissism, feeding on insecurities....and of course, it's about power and control to influence another person.

What is Abuse?

Domestic abuse can be:

- Physical
- Sexual
- Emotional/Psychological
- Economic
- Threats (intimidation) of actions that influence another person.
- Intimidation
- Manipulation & Lies
- Humiliation
- Isolation from family and friends
- Frightening , terrorizing or coercing

Interpersonal Abuse: Is More Than Intimate Partners.....

Domestic violence and emotional abuse are behaviors commonly used in an intimate or dating relationship to control the other. Yet, many people are not aware that domestic abuse also includes anyone that cohabitates (*lives together*). Therefore, abuse could be abuse from:

- Mother/Father
- Husband/Wife or Boyfriend/Girlfriend (*heterosexual or homosexual*)
- Son/ Daughter
- A brother or sister
- or an extended family member/ friend living with you (i.e. a niece/ nephew, cousin etc.) .

What Signs are you Missing?



Red flags are not always as alarming as most people think. All of these red flags below, can make a person doubt their perception and instincts, making them unable to identify the hallmarks for an unhealthy, toxic relationship:

Warning Signs That Your Relationship Is Abusive:

Physical

- Being grabbed, punched, strangled (choked), slapped, pushed or any other form of physical violence causing harm. A pattern of escalation is often evident.

Sexual

- Sexual abuse can occur even if you are currently (or previously) in an intimate relationship with a current or former partner.
- Constant sexual demands, forced or coerced to engage in sexual activity.

Economic

- Not being allowed to work or have access to money.
- Being cut off financially with no access to funds.

Emotional / Psychological

- Controls/influences your clothing and appearance
- Puts you down or shames you;
- Constantly damages your self-worth and self-esteem;
- Ignoring you / prolonged silent treatment;
- Guilt & manipulation to influence;
- Pathologically lying;
- Tit for tat retaliations

If You're Being Abused

Trust Yourself: No one is going to save you.! Your life depends on you trusting yourself and seeing the situation you are in for what it is- unhealthy and dangerous.

Recognize and React: Once you realize and accept you are in an unhealthy relationship, immediately begin to take the necessary and safe steps to leave.

Reach out for Help (don't do it alone): It takes great strength to ask for support. Do not be afraid to confide in someone you trust and/or contact an organization to provide you the support and encouragement you need. There are many who have walked (*or are walking*) in your shoes) they can understand all your going through. don't be afraid to reach for support.

Be kind & patient with yourself: Sometimes it takes time for us to see the red flags. The only thing that matters, is that you did. Don't be hard on yourself for the way you have been impacted by abuse. Recovery and healing is a process .

Be Careful: A woman in the most danger at the end of a relationship ; and 70 times more likely to be killed in the two weeks after leaving, than at any other time during the relationship. Making a safety plan prior to leaving, is vital.

