

What Can I Do to Escape Emotional Abuse?

If you have identified some behaviours your partner is using which are abusive your next step is to plan to survive.

You begin moving forward once you stop looking for the 'magic button' that will change your partner and save your relationship. Once you do this, you are on a path which will save you and perhaps your children.

Leaving an emotionally abusive relationship is not easy. Remembering these important points may help you take this step:

- Abuse is a game of power and control. It is not love.
- Trust your instincts—If you feel a relationship isn't good for you, plan to get out.
- Know you cannot 'work it out' in an abusive relationship.
- Know that you can't save your partner at the expense of your own life, sanity or happiness.
- Don't feel sorry for him anymore—no more excuses, no more lies.
- Get help for you, not your partner. Believe in yourself and focus on your needs.
- Gather support for yourself—tell people you trust the truth about what is happening and consider joining a women's group.
- Take one step at a time.

You may feel angry, hurt and disappointed, and it is normal to grieve. Keeping a diary or journal of events and writing about your feelings may help. Remind yourself of what you know is real.

You can ring the Domestic Violence Prevention Centre 55329 000

- To talk
- To get support
- To seek information
- To arrange to see a counselor
- To join a women's support group
- To ask about brochures / pamphlets
- To arrange speakers for groups

Open from Monday, Tuesday,
Thursday, Friday
9am—5pm
Wednesdays 9am—1pm

Website www.domesticviolence.com.au

Other Useful Telephone Numbers

D V Connect Domestic Violence Line
1800 811 811 7 Days, 24hours

Women's Legal Service
1800 677 278

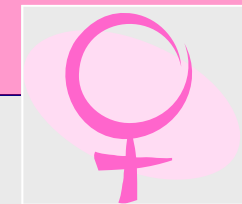
Legal Aid
1300 651 188

Police Prosecutions
55 71 4383

Southport Courthouse
55835 9000

Coolangatta Courthouse
55363 133

Emotional Abuse is Real



The information contained in this brochure was reproduced with permission from South East Health Service NSW. Acknowledgment is given to Allison, Ana, Elvira, J, June, Lydia and Maria.

What is Emotional Abuse?

Emotional abuse is when your partner torments your mind and emotions so constantly that you feel they have destroyed the core of who you are.

An abusive partner may use one or many ways to control you. For example, they may do things like accuse you of lying, being unfaithful, or keep track of you all the time, or take control of your money.

An abusive partner can have a charming side too. Sometimes they seem to have two personalities—their behaviour can change drastically from one moment to the next. This is not insanity, it is manipulation.

The games an abusive partner plays with your emotions can make you feel crazy. It is often hard to pin down emotional abuse, and your partner may say he behaves as he does because he loves you.

***Emotional Abuse
is as Real
as Physical Abuse***

Is Emotional Abuse the Same as Physical Abuse?

Emotional abuse is as real as physical abuse. They are similar in almost every way except that with physical abuse the bashes and bruises are visible, while the emotional ones are not. Someone experiencing emotional abuse can feel just as fearful and trapped as someone experiencing physical abuse.

What Effect Does Emotional Abuse Have?

When a woman is experiencing emotional abuse she may be affected in many different ways. She may experience panic, depression, despair, and feel that there is no way out. She may feel worthless or unattractive and lose or gain weight. Or she may become dependent on alcohol and other drugs.

Sometimes a woman may not realize that what she is feeling is caused by the abuse. Women often feel responsible for the emotional wellbeing of their partners or families. Sometimes it is at a cost to themselves.

How to Tell if Your Relationship is Emotionally Abusive

People who are abusive to their partners often use a range of behaviours which we can recognize. Similarly, when someone abuses us emotionally, we often respond in particular ways. Does the person you love:

- Show jealousy or possessiveness?
- Always keep track of you?
- Accuse you of lying or being unfaithful or blame you if he is unfaithful?
- Call you names like 'crazy', 'stupid' 'ugly'?
- Put you down in front of other people?
- Act nice and sweet and then become suddenly angry and sometimes violent?
- Use promises to change, and charm, gifts or affection if you say you want out of the relationship?
- Stop your relationships with family and friends?
- Stop you from studying, working or going out?
- Take your money or make you account for everything you spend?
- Destroy your sentimental items or personal property?
- Threaten to hurt you or the children, or stop you seeing your children if you leave?
- Make all the important decisions, or undermine your decisions?
- Force you to have sex against your will or ways you do not like?
- Tell you all the problems are your fault?

***Don't Ignore the Problem,
It won't go away***