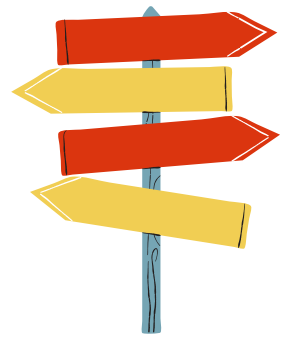




SHINING LIGHT  
— IN DARKNESS —

**SIGNS YOU ARE IN AN UNHEALTHY  
OR  
ABUSIVE RELATIONSHIP**



**INNER THOUGHTS AND FEELINGS**

**DO YOU**

- AVOID CERTAIN TOPICS TO AVOID CONFLICT?
- JUSTIFY ABUSIVE BEHAVIOR THAT OCCURS IN YOUR RELATIONSHIP?
- FEEL EMOTIONALLY NUMB OR HELPLESS?
- NOT TRUST YOUR PARTNER?

**VIOLENT BEHAVIORS OR THREATS**

**DO YOU  
OR YOUR  
PARTNER**

- HAVE A BAD AND UNPREDICTABLE TEMPER?
- HURT OR THREATEN TO HURT OR KILL?
- THREATEN TO REMOVE THE CHILDREN OR HAVE THEM HARMED?
- HURT OR THREATEN TO HURT OR KILL PETS?
- DESTROY THE OTHER'S BELONGINGS?
- USE TECHNOLOGY TO POST FALSE AND/OR HURTFUL INFORMATION ONLINE?

**BELITTLING BEHAVIOR**

**DO YOU  
OR YOUR  
PARTNER**

- HUMILIATE OR YELL AT THE OTHER?
- CRITICIZE OR PUT THE OTHER DOWN?
- TREAT THE OTHER SO BADLY YOU ARE EMBARRASSED FOR FRIENDS AND FAMILY TO SEE?
- IGNORE THE OTHER'S FEELINGS?

**CONTROLLING BEHAVIOR**

**DO YOU  
OR YOUR  
PARTNER**

- ACT EXCESSIVELY JEALOUS OR POSSESSIVE?
- KEEP YOU FROM SEEING FRIENDS OR FAMILY?
- LIMIT YOUR ACCESS TO MONEY, THE PHONE OR CAR?
- CONSTANTLY CHECK UP ON YOU?
- MINIMIZE THE ABUSE?
- HAVE RIGID IDEAS OF THE ROLES OF MEN AND WOMEN?
- WANT CONTROL AND ACCESS TO YOUR PHONE, EMAIL, SOCIAL ACCOUNTS, AND/OR BANK ACCOUNT?

SOMETIMES ABUSIVE BEHAVIORS PRESENT THEMSELVES GRADUALLY, OVER TIME AND SOMETIMES ARE HARD TO RECOGNIZE AS ABUSE. IF YOU RECOGNIZE YOURSELF OR SOMEONE YOU KNOW IN THIS SITUATION, REACH OUT. THERE IS HELP AVAILABLE.

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**YOU DESERVE TO FEEL RESPECTED, VALUED AND SAFE.**