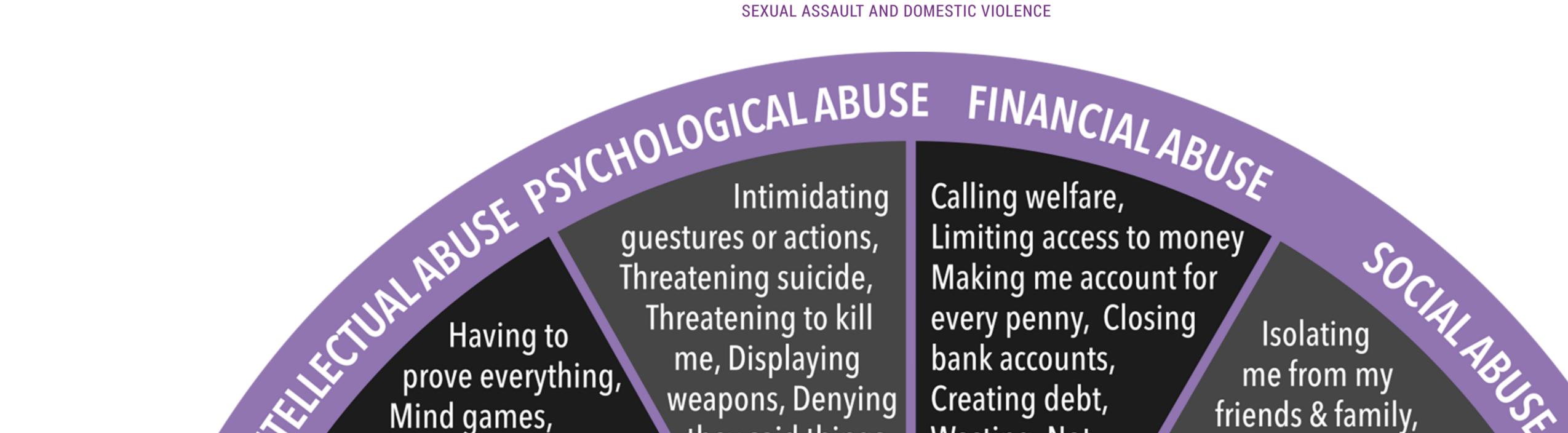


SHINING LIGHT

IN DARKNESS

SHINING LIGHT ON UNDERSERVED VICTIMS AND SURVIVORS OF SEXUAL ASSAULT AND DOMESTIC VIOLENCE



EMOTIONAL ABUSE

demanding perfection, Making me feel stupid, Attacking my ideas & opinions, Manipulation of Information, Teasing, Telling me l'm Invalidating feelings, Using guilt, Blaming me crazy for everything, Being jealous, Threatening, Witholding affection, Waking me up, Silent treatment, stalking

SEXUAL HB B

SE

sex

Threatening to or having an affair, Forcing or manipulating sex, Sexual put-downs Criticizing how I dress, Witholding Blocking sex, Comparing me to others exits, Driving Using pornography, Killing too fast, Locking Demanding or threat-

Intimidating me,

Punching or kicking me,

Spitting on me, Choking

me, Slapping or

hitting me,

me out of the house,

they said things, Wasting, Not Making light paying child of the abuse, support, Taking care Turning of own people against needs me to be antionly me social

POWER &

Swearing

or yelling at

me, Insulting

me, Contstant

sarcasm, Being

friends & family, лу Г Monitoring phone calls, texts, web use, or mileage, SPIRITUAL Dictating who I can see, Preventing me from working, Forcing Putting down my faith, Cutting me off from my church, Using church & faith to their advantage, Soul murdering, Using scripture against me

ABUSE

CONTROL Using their culture as an excuse for the abuse, Putting down my culture, Forcing RAL ABUSE me to adopt his cultural practices, Abusing Refusing to allow me to children, learn or practice main-Name Threatening to stream culture calling, harm or take children

support payments, Belittling

Using visitation as

me infront of my children,

away, Refusing to make

PHUS SICH ABUSE en anti-mest cHILDRE USING vehicle, Smashing condescending, Restraining & breaking things, Frequent criticism, me Making messes I'm Gaslighting, Blaming, expected to clean up Circular arguments PET/PROPERTY ABUSE VERBAL ABUSE **ABUSERS BELIEVE THEY HAVE A RIGHT TO CONTROL THEIR PARTNERS IN THE**

ening pets,

Punching

walls & doors,

Throwing things,

Damaging the

ABUSIVE RELATIONSHIPS BY UTILIZING THE TACTICS FOUND IN THE POWER AND

CONTROL WHEELYOURSELF OR SOMEONE YOU KNOW IN THIS

SITUATION, REACH OUT. THERE IS HELP AVAILABLE.

WWW.SLIDFND.ORG

INFO@SLIDFND.ORG

919-791-5578

* POWER AND CONTROL WHEEL DEVELOPED BY THE DOMESTIC ABUSE INTERVENTION PROJECT IN DULUTH, MN