

Domestic

Domestic violence and abuse are common. The first step in ending the misery is recognition that the situation is abusive. Then you can seek help. The following are warning signs that could indicate that you are a victim of domestic violence.

- Threatening or intimidating to gain compliance.
- Destruction of the victim's personal property or threats to do so.
- Yelling or screaming.
- Name-calling.
- Constant harassment.
- Embarrassing, making fun of, or mocking the victim, either alone within the household, in public, or in front of family or friends.
- Criticizing or diminishing the victim's accomplishment or goals.
- Telling the victim that they are worthless on their own, without the abuser.
- Excessive possessiveness, isolation from friends and family.
- Excessive checking-up on the victim to make sure they are at home or where they said they would be.
- Saying hurtful things while under the influence of drugs or alcohol, and using the substance as an excuse to say the hurtful things.
- Blaming the victim for how the abuser acts or feels.
- Making the victim feel that there is no way out of the relationship.
- Making the victim remain on the premises after a fight, or leaving them somewhere else after a fight, just to "teach them a lesson".
- Violence to an object (such as a wall or piece of furniture) or pet, in the presence of the intended victim, as a way of instilling fear of further violence.

Violence

How do I know if I am in an abusive relationship? What are the signs and symptoms of an abusive relationship?

The more of the following questions that you answer Yes to, the more likely you are in an abusive relationship. Examine your answers and seek help if you find that you respond positively to a large number of the questions.

- Are you fearful of your partner a large percentage of the time?
- Do you avoid certain topics or spend a lot of time figuring out how to talk about certain topics so that you do not arouse your partner's negative reaction or anger?
- Do you ever feel that you can't do anything right for your partner?
- Do you ever feel so badly about yourself that you think you deserve to be physically hurt?
- Have you lost the love and respect that you once had for your partner?
- Do you sometimes wonder if you are the one who is crazy, that maybe you are overreacting to your partner's behaviors?
- Do you sometimes fantasize about ways to kill your partner to get them out of your life?
- Are you afraid that your partner may try to kill you?
- Are you afraid that your partner will try to take your children away from you?
- Do you feel that there is nowhere to turn for help?
- Are you feeling emotionally numb?
- Were you abused as a child, or did you grow up with domestic violence in the household? Does domestic violence seem normal to you?

Domestic Violence Resources

SafeHome(Support For Survivors of Domestic Violence)

Call Toll Free—(888)432-4300

<http://www.safehome-ks.org>

International Institute of the East Bay

Bay Area Domestic Violence Resources

Call Toll Free—(888)215-5555

http://www.iieb.org/res_alemeda.html

First 5 Contra Costa—Children and Families Commission

1340 Arnold Drive, Suite 125

Martinez, CA 94553

(925)335-9991; Fax (925)335-0418

<http://www.firstfivecc.org>

National Domestic Violence Hotline (800)799-7233

<http://www.helpguide.org>

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