

VICTIM RESOURCE PROGRAM

720.913.8020

RED FLAGS IN RELATIONSHIPS

- Excessive criticism
- Name calling
- Destruction of personal property, photos
- Cruelty towards pets
- One person has all the financial control
- Extreme jealousy & accusations of affairs
- One person makes all the rules & punishes the other for not following them
- Isolation from friends, family, faith community
- Never owning one's own problems, actions, or feelings
- Slapping, pushing, biting, pinching, spitting, kicking, restraining, strangling
- Forced sexual acts
- Deliberate humiliation
- Withholding care or personal assistive devices (glasses, walkers)
- Constant "checking up" on the other person's e-mails, phone calls, or activities
- Threats - to harm, to "out" the other, to take custody, to put in a nursing home, to kill

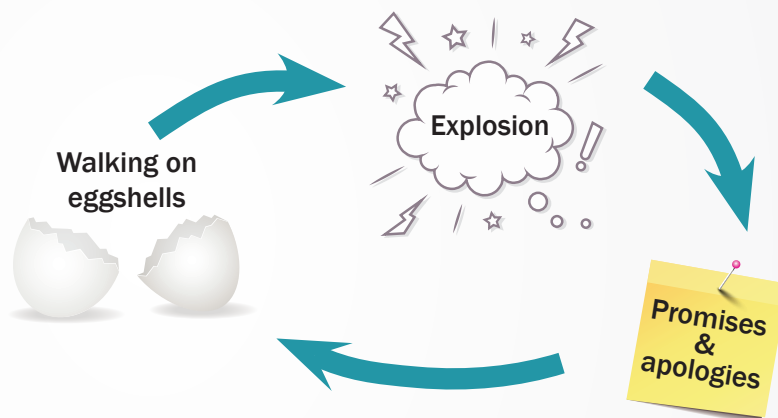
INTIMATE PARTNER VIOLENCE / DOMESTIC VIOLENCE

Domestic violence is a **pattern** of coercive behaviors designed to gain and maintain **power and control** in an intimate relationship. The pattern is punctuated by threats of physical and sexual violence.

Domestic violence (intimate partner violence) and sexual assault can occur in any type of relationship regardless of gender or sexual orientation.

Often times, the pattern plays out in a cycle that starts with loving feelings and

statements, that eventually turns into constant tension. Many people describe this as a time of walking on eggshells. The tension is broken with an explosion, that may include acts of physical, verbal, emotional, or sexual violence. In many cases, this explosion is followed by gift-giving, promises the violence will never happen again, pledges of love, and apologies. It may also include statements that blame you, the victim, for the abuse. And then the tension begins again.



If you find yourself trapped in this cycle, understand **the abuse is not your fault**. Abusers may be charming and cruel, successful *and* violent, which enchants and entraps those who love them. **You do not deserve to be abused.**

And, you are not alone. Victim Specialists are available to provide more in-depth information on intimate partner abuse, resources to help you heal

and stay safe, resources for children and teens who have been exposed to batterers, counseling for those who have been abusive, and more.



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