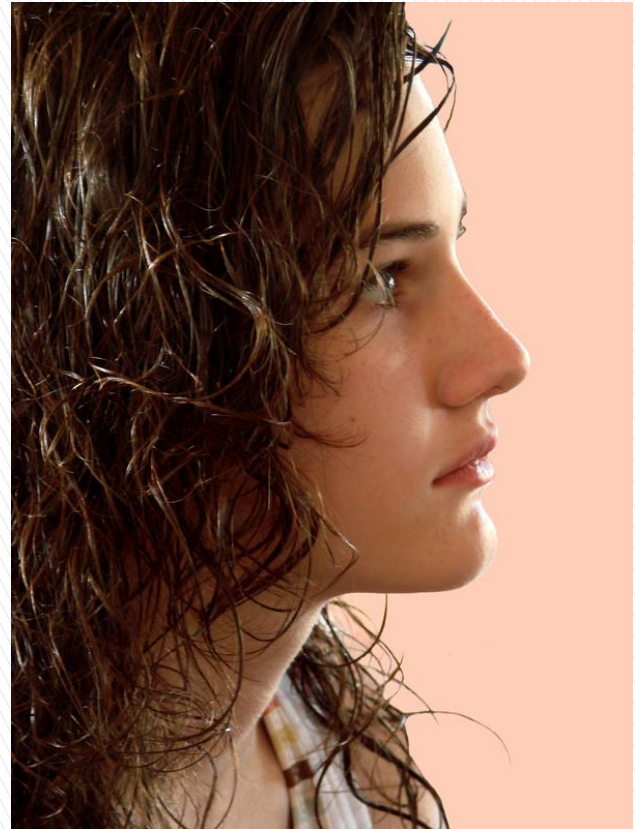


HIDDEN ROOMS

LIVING IN EMOTIONALLY DESTRUCTIVE
PLACES

WHAT IS ABUSE?

- ▶ ANY BEHAVIOR THAT IS DESIGNED TO CONTROL AND SUBJUGATE ANOTHER HUMAN BEING THROUGH THE USE OF FEAR, HUMILIATION, AND VERBAL OR PHYSICAL ASSAULT.



TYPES OF ABUSE

- ▶ *Verbal*: Yelling. Threats. Name calling. Constant criticism, put downs, and insults. Silent treatment.
- ▶ *Psychological/emotional*: Mind games, mental coercion, crazy making. Accusations, isolation, spying.
- ▶ *Physical*: Hitting, biting, shoving, slapping, etc.
- ▶ *Sexual*: Rape, forced sexual behavior, jokes or hurtful comments.
- ▶ *Property*: Destroying, throwing, kicking of walls, doors, furniture.
- ▶ *Financial*: controls, decides, lies about money.



TYPICAL CYCLE OF DOMESTIC ABUSE

- ▶ Abuse
- ▶ Guilt (not always)
- ▶ Rationalizes action
- ▶ Normal appearance
- ▶ Case building
- ▶ Planning
- ▶ Setup



CORE ISSUE:

POWER AND CONTROL

EFFECTS ON CHILDREN

Ask yourself:

- ▶ What do my children gain by growing up in an abusive home?
- ▶ What do they lose by leaving?
- ▶ What do they gain by leaving?
- ▶ Will my son believe this is how men behave?
- ▶ Will my daughter believe this is what women should accept?
- ▶ What price am I paying for peace?
- ▶ Are my children paying a price?
- ▶ Without change what will we be like in five years?



RED FLAGS TO NOTICE WHEN DATING.

- ▶ Frequent angry outbursts
- ▶ Easily frustrated
- ▶ Impatient
- ▶ Feels he is a failure
- ▶ Promises to change his behavior
- ▶ Seems to show no guilt
- ▶ Displays anger against people, property, pets
- ▶ Parental abuse model
- ▶ Gets angry if you don't take his advice
- ▶ Is suspicious of your friendships
- ▶ Wants you with him and to know where you are
- ▶ Tries to push you into sex acts against your will
- ▶ Rigid role ideas
- ▶ Negative comments about women



CHRISTIAN RESOURCES ON DOMESTIC VIOLENCE

- ▶ *The Emotionally Destructive Relationship*, Leslie Vernick, Harvest House Publishers
- ▶ *Why Can't He Be More Like Me?* Poppy Smith, Harvest House Publishers
- ▶ *Shepherding Women in Pain*, Bev Hislop, Moody Publishers
- ● ▶ *Setting the Captives Free, A Christian Theology for Domestic Violence*, Ron Clark, Cascade Books

