

A vertical photograph of a sunset over a beach. The sky is filled with soft, wispy clouds in shades of orange, yellow, and grey. The sun is partially obscured by a layer of clouds near the horizon, creating a bright glow. The ocean is dark and calm, reflecting the colors of the sky. The beach in the foreground is dark and silhouetted. A single bird is visible in flight in the upper right corner of the sky.

NOT TO OUR DAUGHTER!

...a mother's journey through domestic abuse

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DOMESTIC ABUSE

***A pattern of behavior
used to maintain power and
control
over another person
creating an atmosphere of
fear and intimidation***

FORWARD

Imagine what it would be like to learn your newly married daughter is being abused by her husband? Can you imagine the pain of watching this happen to your loved one? A tidal wave of emotions will engulf you, from shock and disbelief to fear and anguish. How could this happen? Where were the signs? What can I do to help her?

Unfortunately, many mothers will experience the pain of watching a loved one suffer from domestic abuse. And while there are many excellent resources available to help victims, very little is available to help mothers and other family members understand the emotional upheaval they will experience or know how to help their loved one.

I have been witness to this mother's journey through domestic abuse. I have known her and her daughter for seven years. I refer to her as "Mother Bear" because I believe something primal happens to mothers who are witness to their child's hurt, suffering, or abuse. She becomes Mother Bear. Her primal instinct is to protect her young. It is basic. Shock and disbelief are quickly replaced by outrage and the need to take action. How dare you hurt my child! Mother Bear is strong, powerful, mighty. She has but one focus – that is to protect her child.

I applaud you, Mother Bear. You represent all mothers who stand united, giving voice to the outrage of domestic abuse. **Not To Our Daughter!** will give readers an understanding of the dynamic of domestic abuse, concrete information on how to help a loved one, and the wisdom of one mother's experience. It is an honor to know Mother Bear, her amazing daughter and family. **Not To Our Daughter!** gives a message of hope and empowerment to anyone who has a loved one suffering from domestic abuse.

Suzy Whelan
SafeJourney Advisor
North Memorial Medical Center
Robbinsdale, Minnesota
2007

SafeJourney at North Memorial Medical Center, is one of the few hospital-based domestic abuse programs, which provide 24-hour, on site advocacy. Founded in 1994 in response to community need and emerging awareness of the crucial role health care provider can play in assisting abuse victims. *SafeJourney* provides comprehensive services to victims of domestic abuse including assessment, intervention, advocacy, safety planning, legal remedies, safe housing referral, documentation and photograph of injury, options and community resources, support group, individual appointment, and on-going support. *SafeJourney* is staffed primarily by volunteers who provide direct service, assist with fundraising activities, and help to educate the public on the issue of domestic violence. *SafeJourney* is funded by donations, grants, and fundraising events and activities. If you are interested in volunteering or supporting *SafeJourney*, please call (763) 520-2639.

PREFACE: *NOT TO OUR DAUGHTER!*

. . . blind-sided and blown away by spousal abuse

“It is just so sad. His wife just up and left him. They were married less than two months. She just disappeared. Poor guy. I feel so sorry for him.”

His unsuspecting friends and perhaps, even his family are so sympathetic to his “sad” scenario. Sadly, there is another side of this story . . . and it begins with the words, “She is safe. . .”

Actually, she fled. She left with bruises. She left in fear, with pain and with pictures of a broken door. She left expensive new wedding gifts, some still in gift boxes. She left her dreams.

This chilling story was totally unexpected and unanticipated. It came out of the blue. Literally hours after a gorgeous wedding, the abuse began. His pleasant, caring facade snapped. He screamed filthy names, yelled put-downs, inflicted bruises, threatened to throw her down the stairs, tossed her against a wall, slammed his fist into a closed door with her head underneath. This abusive time of terror escalated even on the honeymoon. On the plane flight home, she was planning an escape route from their home, if needed.

This pattern of behavior was all new to our daughter and to us. We were about to receive a crash course in spousal abuse.

In retrospect, there were signs that we missed. The girl who was always present by phone or in person, became distant, unavailable and guarded. We attributed this behavior to young love and a new, deep relationship. It never dawned on us that it was a classic symptom of the Abuse Syndrome . . . the predator/abuser predictably isolates its victim from her friends and loved ones, her support system.

Our daughter, the supreme extrovert, became less spontaneous, less self-assured and uncharacteristically tentative. Again, we were unaware that this was the next step in the Abuse Syndrome . . . the predator/abuser systematically undermines the victim’s self-confidence, making her **TOTALLY** dependent on him, sucking from her the strength and resolve needed to extricate herself from this unbelievable situation.

THE TURNING POINT

Fortunately, our daughter acted quickly. She had enough confidence, strength and decisiveness left to make the decision she **had** to make. For her there was but one choice to leave, to run, to flee, to survive. It was tearful, emotional and painful. We reacted swiftly and we supported her totally. Her safety was our primary concern. Everything else was insignificant.

An intelligent savvy woman, she could not believe she could be so wrong about a guy she dated for a long time, cared for, loved and married. Even after leaving, she questioned her actions. She felt she had to see him one more time. Give him one more chance. Perhaps prove to herself that she had over-reacted.

They did meet in a public place. He showed no remorse. He acted as if nothing out of the ordinary had happened. When challenged with specific situations, he rationalized his actions and tried to blame her for his violence and abuse. The minister, who married them only weeks before and who managed the meeting, accompanied our daughter to a safe place, making sure this “nice guy” would not harm her. She has never seen him again.

THE WRONG APPROACH

Nevertheless, she still needed help. She turned to a well-meaning, reputable, church-affiliated counselor, a former pastor. It was a disaster. He proved to be clueless when it came to the problem of abuse. He minimized the situation saying, "It's tragic you two are arguing."

Unfortunately, there is a huge difference between arguing and abusing. If her well-meaning counselor had recognized the difference our daughter would not have walked away from that session feeling that she was to blame for her "husband's" demeaning and abusive behavior.

If her counselor had only asked the simple question, "DO YOU FEEL SAFE THERE?" he would have known that the problem was abuse, not just arguing. Knowing that abuse becomes battering and battering becomes a prison of terror, he would not have suggested that she return and "work things out."

Thankfully, for our daughter, there was an alternative. . . . SafeJourney.

SAFE JOURNEY, NORTH MEMORIAL MEDICAL CENTER, ROBBINSDALE, MINNESOTA

SafeJourney was her true salvation. Parents and friends can do only so much. Our daughter tearfully shared with the SafeJourney advocate her fears, her innermost feelings, her questions, her doubts and her despair. The Safe Journey advocate tenderly asked the right questions and validated her genuine fears. The Safe Journey advocate helped her determine a positive course of action. She followed it. It saved her.

"DO YOU FEEL SAFE THERE?"

Whether professional or amateur, doctor or friend, parent or counselor, if you detect some of the symptoms, just ask the question, "DO YOU FEEL SAFE THERE?" If the answer is NO, you have unlocked the hidden secret and you may help to save another woman's life or at least the quality of her life.

A FINAL PERSPECTIVE

Throughout this ordeal, our daughter had a marvelous support system. Her attorney, her maid-of-honor, her doctor, her pastor, her friends, her grandmother, her cousins, her brother, her parents all fell flawlessly in place for her. But we are only caring people who love her dearly. SafeJourney was the critical factor that turned a crisis into a supportive, safe haven and a constructive action plan.

Our daughter is now divorced. She changed her job, left town, modified her car, made new friends and reconstructed her life in a guarded environment. Four years later, she remarried. They have a beautiful baby.

Today, our daughter is doing very well. Thank God.

SafeJourney is a non-profit organization, through North Memorial Medical Center, Robbinsdale, Minnesota, dedicated to providing crisis assistance to victims of domestic abuse.

This is a true story. To protect our daughter, we must ask that the name of the parents remain anonymous.

OPEN LETTER TO YOU

The purpose of this article is to support you, to assure you.... and to arm you,

.....as you are supporting, assuring and protecting your daughter.

.....You are not alone.

THE UGLY REALITY

“I don’t want to scare you, but I’ve lost three clients to murder, at this stage of leaving” warned our attorney during the first meeting.

You may be shocked to hear that your daughter believes he is capable of killing her. Please know homicide is an ugly, frightening reality of this picture.

THE INITIAL CONFUSION

People in main stream society, people who live “within the bell-shaped curve” are not prepared to be ambushed by the experience of domestic abuse.

No mother is prepared to witness her daughter’s soul being wounded. As you look at your daughter, you feel deep down that something isn’t right.

What makes it confusing and troubling is that everything isn’t all wrong, either. Your daughter is not openly discussing it or perhaps admitting that it (abuse) exists. But you’re the Mom; you know.

TRUST YOUR FEELINGS

Please don't take your suspicions lightly. You may suspect something isn't right. Separate what you notice from what you might choose to ignore.

You may see the erosion of your daughter's spirit. You may suspect that a tension is building. You may see a pained and frightened daughter. You'll see it in her eyes.

She can't hide it from you, her mother.

WHAT'S REALLY HAPPENING?

The situation feels uneasy and the facts are not simple, cut and dried. Queasy moments of questioning "what's really going on?" often lead down a path of the fearful reality ahead. Unfortunately, you have no knowledge or experience in this area.

This is all new.

YOU ARE NOT ALONE

This pamphlet is being written for you, a mother, who is facing this confusing black hole of mental or physical domestic abuse... and is fearing for your daughter's well-being.

We are just one voice; but hopefully, this information will shed some light on the subject and provide you with some hope and direction. It will identify classical behaviors that make it easier to see what's really happening. You will see that your emotion, anger, frustration, confusion and determination are not unique to you.

Her father may not be perfectly aligned with you. This may be particularly true if you are dealing with verbal or emotional abuse. Just remember, this is new for him, too. He may not match your intensity or feel the level of your anger. It's okay. Everyone approaches this with different feelings. This also adds to the confusion.

Nevertheless, trust your feelings. The uneasiness of the situation needs immediate attention. Don't be numb to those feelings. They **may** be a call to action. Protect your daughter. Protect her! She is #1. Your daughter is your focus.

THE POWER OF KNOWLEDGE

Along with the unconditional, day-to-day love you give your daughter, you must be armed with knowledge. That knowledge will provide a clear awareness of the issues and will give you strength and purpose. Your positive mindset and awareness will provide a sense of silent power that will help your daughter retain her spirit, strength and self-esteem.

No one has the right to take that away from her.

However, we're not talking about over-protection. Smothering and over-protecting will disempower your daughter. She's already been controlled and does not need another dose. Don't call the shots! You need to follow her lead.

RELATIONSHIPS

LOVING RELATIONSHIPS

True love does not attempt to control, manipulate and isolate. A loving relationship is a balance of equal partners who connect with encouragement, protection and support. Love nurtures a sense of freedom and growth.

A loving partner provides both a haven and support for your daughter. He helps her become the person SHE wants to be.

ABUSIVE RELATIONSHIPS

There's a difference between arguing and abuse. The two must not be confused.

Marriages and partnerships are not a license for violence. They are not a license to treat someone like a non-person. They do not provide a "right to rule." They are not a self-righteous, above-reproach attitude toward your daughter. They do not provide a right to brow beat, put down, strike or hit.

Don't misinterpret her dependence on him, "his ownership" of her and his overprotection as love. This is not love.

The limitations he puts on her may cause her fear and pain. This attempt to control your daughter is not love. His manipulation is not love. His attempt to isolate her is not love. There is no justification for "owning" or hurting the person one loves.

Unless, he truly cares about being a decent, respectful, well-mannered person, he will continue to violate her *because he can!* This abusive behavior often stems from his background of abusive behavior.

Don't let his abusive background be a justification of his actions. His background, his behavior, are his; not your daughter's.

VERBAL ABUSE IS NOT OKAY

- Verbal abuse is abuse.
 - It often leads to physical violence.
 - It's not okay.

INITIAL CONFUSION

UNDER THE RADAR

Recognizing an abuser is not always easy. They are very good at hiding who they are. They may be cold-hearted, empty shells who are without empathy, conscience or feeling. They may emit fake warmth and may have few true feelings for others. They've acted all their lives, by watching and mimicking others. They are master-manipulators. They have a public side and private side.

They may have never been made accountable for specific bad behaviors. They may have been surrounded by those who choose not to confront him; rather, they provide a protective conspiracy of silence.

THE WILLIES

The public image may be smooth. He may be acutely sensitive to the way others think about him. Sometimes we can't put a finger on it, but he may be a bit "creepy." Pay attention to this vague discomfort.

YOUR DAUGHTER

Even the wisest, smartest women are often confused when confronted with subtle manipulation. She has been exposed to a charm which has shockingly turned into criticism, hurtful attacks,..... and, yes, even violence.

His intent is to control your daughter. He is using his power to demean and to criticize. She is being belittled and demeaned. She hurts. Your daughter is involved in a toxic relationship.

She has a feeling that something's wrong. She can't put her finger on it. The feelings of an imminent thunderstorm of danger exist. It's like a dark closet. It can be as bad as a runaway train with the abuser as the conductor. She's in a fog. The stress and confusion are overwhelming to her.

She's **unequipped** to deal with the unpredictability, the distortion, the complexity of emotions. She is trying to figure out this situation using normal coping skills. It's not working.

It's not working because abnormal behavior requires a different set of coping skills. His behavior is very abnormal. It's toxic.

Generally, she may feel that she's to blame. It's her fault. What other reason could explain the conversion from "Prince Charming" to the "Devil Incarnate?" It's bad enough to be hurt by someone who professes to love her, but it is worse that she feels she has done something to cause that hurt.

Thus, your daughter is "walking on eggs" to avoid setting him off. She may pretend the feelings are not there. But they **ARE** there. Always. She's asking herself, "What have **I** done wrong?" "What can **I** do so that **he** will change **his** behavior?"

She may feel:

- ✓ Angry
- ✓ Trapped
- ✓ Stupid
- ✓ Inadequate
- ✓ Tense
- ✓ Drained
- ✓ In a fog of confusion; overwhelmed
- ✓ Afraid
- ✓ Insecure
- ✓ Guilty
- ✓ Helpless and hopeless

As a result of these feelings, you may see her behaviors changing:

- ✓ Crying and nervous
- ✓ Depressed
- ✓ Pretending
- ✓ Overly sensitive
- ✓ Irritable and anxious
- ✓ Withdrawing
- ✓ Hyper-vigilant (jumpy, looking over her shoulder)
- ✓ Exhausted
- ✓ Eating disorders
- ✓ Feeling bad about herself
- ✓ Not paying as much attention to her appearance

You may hear her say:

- ✓ “I’m never going to **trust** anyone again.”
- ✓ “I’m never going to **love** anyone again.”

THE ABUSER

Your daughter's partner is trying to over-power her with manipulation. He is creating invisible wounds by:

- ✓ Trying to control what she wears, who she sees
- ✓ Screaming
- ✓ Name-calling
- ✓ Threatening her, her family, her friends, her pets
- ✓ Condescending put-downs
- ✓ Systematically crushing her self-respect and self-love
- ✓ Embarrassing her publicly
- ✓ Pummeling her ego
- ✓ Undermining her support system
- ✓ Systematically trying to isolate her from family and friends
- ✓ Grinding down her spirit
- ✓ Dominating, demeaning and controlling her
- ✓ Accusing and threatening her and her family
- ✓ Brainwashing her to question reality
- ✓ Restricting her activities, phone calls
- ✓ Shifting all blame onto her

Predictable behaviors include:

- ✓ Sudden outbursts of anger
- ✓ Threats against family, pets, friends
- ✓ Rage brought on by minor incidents
- ✓ Profanity-laced tirades
- ✓ Possessiveness
- ✓ Jealousy

Plus, the obvious behaviors:

- ✓ Slapping
- ✓ Hitting
- ✓ Shoving
- ✓ Kicking
- ✓ Choking
- ✓ Punching
- ✓ Beating
- ✓ Raping
- ✓ Using/threatening weapons

IT'S NOT THE MESSAGE, IT'S THE MESSANGER

What he is saying is not the issue. **He** is the issue. His behavior reflects an angry insecure person. It's not what he says; it's who he is. He's angry. Don't validate the message.

Your daughter has become the target to vent his anger. He is a partner with a very low opinion of himself. Even minor issues can set him off unreasonably. He lacks human coping skills. He fixes his own anger by lashing out at your daughter.

This is about power and control. It is not simply anger management. It's not about the message. It's about him.

YOUR SUPPORT....*do's and don'ts*

Please remember, your focus is to TOTALLY support **your daughter**. Forget about the abuser. Give your daughter a sense of “silent support” from you. You are the #1 cheerleader in a very honest, genuine, caring fashion.

Your daughter needs from you:

Support her with unconditional, 100% love and reassurance

Your unconditional love to your daughter remains the steadiest and most important aspect of her life right now. This **non-judgmental** love, combined with the power of knowledge, is your bridge to a healthy and positive outcome.

When spoken honestly, supportive words such as, “You’re strong. You’re good. You’re smart. You’re beautiful.” are important, supportive words that **must** be repeated sincerely over and over and over.

Let her know she is not alone. She needs this simple but important message:

- *I believe you*
- *I love you*
- *This is not your fault.*
- *Don't blame yourself*

It's never wrong to express concern:

- *I'm concerned about you.*
- *I'm concerned about your safety.*

Create openings, such as:

- *Our home is always open to you*
- *We'll give you whatever financial support you need*
- *Help is available*

Your support will help to keep her level of self-esteem as high as possible, before it becomes a learned helplessness.

Validate her sanity

She's not crazy but she needs tools to think straight. She's trying to understand what's real and what's un-real. She's having a hard time doing it. He is undermining her thoughts and actions. He is trying to destroy her perceptions of the world and, thus, erode her self-esteem.

Reinforce the fact that she has NO power to change his abusing behavior

He's the only one who can change. Your daughter **DID NOT** cause the abuse. **HE** makes the choice to abuse. He, not your daughter, must make the choice not to be abusive.

Your daughter does not need from you:

1. Do not try to control your daughter

Support her. Support her. Just support her. Don't push your daughter. Don't make demands that she leave (unless the crisis is imminent danger). Let her call the shots.

However, when she's ready, jump in, aggressively and support her. Respond to her questions and requests constructively, not emotionally. For example:

- Help her find an attorney..... *when she asks for one.*
- Help her get in contact with a supporting advocate, such as SafeJourney....*when she is ready*

It comes down to her decision, not yours. Her readiness is more important than your impatience. Believe me, this is hard!

2. Do not give marriage advice

Please remember, this is not about the marriage or about their relationship. It is about HIM and about her perception of her world as a result of HIM.

Don't advise your daughter to take control by asking her partner to "Please list what makes you mad, so I can avoid it. Then it won't happen again." This won't work. It won't change things.

He can't list what makes him mad. He's just mad and angry. This is about power and control. Abuse is his choice.

3. Don't criticize him

Don't badmouth her husband (*that comes later*). Don't put her in a situation where she may feel she has to defend him. She's already angry. She doesn't have a reserve of energy to respond to your anger. Let her vent to you. Agree with her. You support her; but don't add your anger to this situation.

Don't second-guess her reasons for marrying him (*that never comes*). Second-guessing only serves to undermine her confidence. Remember, anything you do and say should be positive and supportive. You are trying to build her confidence so that she can make the right and proper decisions.

4. Don't vent your anger on your daughter

She does not need your emotions of rage, hate and revenge toward him. She has her tank full-to-overflowing with emotions of her own.

Please vent to your husband, to a trusted friend, to a pastor or to a counselor. Share your critique with close friends who will listen, assure you and may even make you laugh when you don't want to! You, too, need a safe sounding board.

However, please do NOT vent to your daughter.

5. Don't offer optimistic, pat answers. She doesn't need to hear:

- "He doesn't really mean it."
- "He will change"

WHY DON'T YOU LEAVE?

✓ “He didn’t really mean it” mindset

The most obvious answer is “he will change.” He may show remorse. He may profess to fix and resolve the problem. He will defend and apologize (again and again).

He will profess his love for her. It may ignite a temporary honeymoon stage. This is one more tactic used by the abuser to hook her back.

But nothing really happens or changes without intervention.

✓ No place to go

Good friends, loving family members will welcome her with open arms. She should keep a low profile. Move out of town. Stay safe. She should not let him know where she is going or where she is. SafeJourney, her pastor, a crisis hotline are all available to her. She does not need to stay where she doesn’t feel safe.

Other reasons for staying, may include:

- ✓ No confidence
- ✓ Lack of money
- ✓ The children
- ✓ Fear of being alone; fear of the unknown
- ✓ Society doesn’t understand
- ✓ Some people get so used to being treated badly, they no longer recognize it
- ✓ “I can cope”
 - You can’t reason with a person behaving irrationally
- ✓ Hopeless to change
- ✓ Emotional connection
- ✓ He uses phrases like “Trust me, it will never happen again.”
- ✓ Fear of being killed
 - He may actually follow through with his threats

ESCAPE!

“No more”

Abuse generally will escalate until your daughter (*not you*) says “no more!” She, **can, and hopefully will,** take charge. If she says “no more” she’ll need strong allies and a sincere cheerleader. You’re the one. You’re her Mom.

The reality is that change must come SOON. Not..... some day. The reality is that she probably must leave. When she decides to leave, she will need a steely-eyed resolve to retain her dignity and personal power. She will need your support so that she won’t settle for less.....and that she remains strong and resolute.

He is dangerous

In his mind he has done nothing wrong. But right now it’s a different story. He’s been found out. He has lost control. He’s been exposed. He’ll call her. He’ll appear appalled.

In our case, he’ll run from a sheriff who delivers a divorce paper. He’ll fight a divorce. He’ll ask for money.

He’s pathetic.

*******WARNING*******

Between the time she leaves and the time the divorce is final is the most dangerous time of this situation.

Our attorney warned our daughter to protect her safety at this point. This turned out to be exceptional advice.

You and your daughter, again, must remember that it is not about the relationship. It is about HIM. Right now he’s dangerous.

ACTION PLAN

- Set money aside. Give to a trusted friend or neighbor
- Plan to have assistance
- Determine a safe, SECRETIVE place to go
- Plan exit routes
- Decide how to get there
- Take papers, birth certificates, checks, money
- Please contact professionals who will support you during this anxious time
- Tell a trusted neighbor about your plan. If they witness or hear anything wrong,
please advise them to call the police.

IT'S NOT A QUICK FIX

Baby steps

The courage your daughter shows when she escapes needs applause!

She's chosen to take a giant step to freedom. Yet, this is just the beginning. She's healingslowly. She's exhausted. She may have trouble sleeping.

Slowly, you'll see her coming back. She's regaining a balance to evaluate relationships.

After awhile you will see a sparkle returning to her eyes. She's feeling stronger. She's laughing again. She appears to be enjoying life. She's having fun. She's spontaneous. She's helping others and she's close to other victims.

Counseling

A good counselor will help you and your daughter heal. Separate sessions will identify different emotions and feelings from each of you.

WARNING: Please be cautious when leaning toward the church for counseling. Some clergy may feel it is their job to protect the sacred sacrament of marriage. Women's Resource Centers can provide you with clinical support.

My husband and I speak about domestic violence at churches. We hear feedback from families who have attended church counseling. Words like: "Oh, he would never do something like that. He was such a nice little boy. He came from such a fine family."

In our case, a retired pastor-turned-counselor tried to send our daughter back into a toxic situation. The approach of "too bad you're arguing" added guilt and shame.

Choose a counselor who is experienced in domestic abuse. They will be strong advocates and may also provide spiritual guidance.

STAY AND ENDURE

Quicksand

She may **decide not to leave**. She may know, deep down, that he will not change. At this point, you may feel she's caved in.

Nevertheless, please stick with her. At a later date, she may figure out what behaviors she can tolerate and which ones she cannot accept. At some point, she may decide to leave. At that point, you will be glad you stuck with her.

Please remember:

*It's **never too early** to leave an abusive situation, but it's sometimes **too late**.*

APPENDIX

Quick Facts ... a snapshot

Resources and References

QUICK FACTS ... *a snapshot*

WHY DO WOMEN STAY IN ABUSIVE RELATIONSHIPS?

- Embarrassed to tell parents and friends
- Afraid of escalated violence
- Fear of the unknown
- “Let’s give it another try” attitude
 - Nothing rarely changes
- Financial concerns

WHAT TO DO IF YOU THINK SOMEONE IS INVOLVED IN AN ABUSIVE SITUATION

- Be totally supportive
- Ask the question “Do you feel safe?”
 - If the answer is “no”
 - Encourage them to leave immediately
 - Help them leave SAFELY
- Call for free advice from hospitals
- Call Domestic Abuse Hotline: 1-800-799-SAFE

SIGNS OF ABUSE

- Isolation from family, supportive friends
- Tears and bruises (lameley explained)
- Decline in health
- Changes in thinking
 - What’s “real?” vs.
 - What the abuser calls “real”

WHAT IS ABUSE?

- Humiliation, blame, criticism
- Subtle and persistent manipulation
- Insults
- Lies
- Domination by pushing, shoving
- Physical anger
- “Hate” and rage

AMERICA’S STARTLING STATISTICS

- 4 million women abused each year
 - *Source: YMCA*
- A woman is beaten every 15 seconds
 - *Source: FBI*

RESOURCES AND REFERENCES

IMPORTANT PHONE NUMBERS

National Domestic Violence Hotline – 1-800-799-SAFE

SafeJourney, Robbinsdale, Minnesota – 763-520-7070

Day One’s Domestic Violence Crisis Line – 1-866-223-1111

Your local hospital/emergency room

911

IMPORTANT BOOKS

All of these books helped me understand the dynamics of domestic violence. I applaud each author for the research, insights and support provided.

The Battered Woman

Lenore Walker

Black and Blue (fiction)

Anna Quindlen

But I Love Him: Protecting your Teen Daughter from Controlling, Abusive Dating Relationships

Dr. Jill Murray

Ditch that Jerk: Dealing with Men who Control and Hurt Women

Pamela Jayne

The Gift of Fear: Survival Signals that Protect us from Violence
Gavin DeBecker

Healing Scars of Emotional Abuse
Gregory Jantz

I Closed my Eyes: Revelations of a Battered Woman
Michele Weldon

Not to People Like Us: Hidden Abuse in Upscale Marriages
Susan Weitzman, Ph.D

No Visible Wounds: Identifying Non-Physical Abuse of Women by their Men
Mary Susan, PhD

People of the Lie: The Hope for Healing Human Evil
Scott M. Peck

The Secret of Overcoming Verbal Abuse: Getting off the Emotional Roller Coaster and Regaining Control of your Life
Albert Ellis, Marcia Grad Powers

Verbal Abuse Survivors Speak Out: On Relationships and Recovery
Patricia Evans

The Battered Woman
Lenore Walker

FINAL THOUGHTS

Our daughter, alone, was responsible for her actual path to health and safety. She led with her head. As painful as her experience was, she left with her confidence and self-esteem. She remains a steadfast advocate of SafeJourney, as she has driven major fundraising events for the past eight years. She's the real hero in this ugly mess.