

SAVING GRACE

Imagine Life without Violence

Surviving Domestic Violence



This packet was created to help and inform domestic violence survivors, their friends and family. For your safety, please consider keeping this information out of the hands of the abuser.

A survivor of domestic violence has critical needs. They include a safe place to be, safe people to be with, and clear, accurate information to help the survivor assess her situation and decide what to do about it.

Information in this packet, provided by Saving Grace, deals with basic aspects of domestic violence. It is intended to help domestic violence survivors and their friends and family understand the nature and scope of domestic violence. It also outlines strategies for gaining safety from further abuse.

Saving Grace offers a safe refuge and support services for victims and children who survive domestic violence. Services are free and confidential, and are provided to survivors regardless of their race, color, creed, disability, religious beliefs, or sexual orientation.

Information in this packet will refer to the victim as female and the abuser as male. We know that domestic violence occurs in same sex relationships, as well as with people who identify as gay, lesbian, bisexual, transgendered, questioning and/or intersex (LGBTQI). While a woman may sometimes be the abuser in a relationship, statistics show that over 90% of domestic violence incidents are perpetrated by men against women.

Programs and services include:

- 24-hour crisis intervention hotline
- Shelter services that include housing, food, clothing, emergency transportation
- Individual crisis counseling
- Support groups
- Court advocacy
- Children's services

If you would like more information about domestic violence, please call the Saving Grace hotline at 541-389-7021 or toll free in Oregon 1-866-504-8992. To meet with an advocate in your area, please contact the local office closest to you:

Bend 382-4420

Madras 475-1880

Prineville 416-2114

Redmond 504-2550

Sisters 549-1210

Domestic Violence

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Domestic Violence

Myths and Facts about Domestic Violence

MYTH: Domestic violence is not common.

FACT: Every 9 seconds in the United States, a woman is battered by her husband or partner. The FBI estimates it will happen to 1 out of every 2 women in their lifetime.

MYTH: Domestic violence happens only in certain cultures or low-income families.

FACT: Domestic violence happens in all kinds of families, rich and poor, city and rural, in every racial, religious and age group, and in every part of the country.

MYTH: All domestic violence is physical.

FACT: Being abused may include physical violence, but victims may also be abused verbally, emotionally, or psychologically. These forms of abuse can be just as terrifying, and often result in feelings of low self-esteem, depression, and loneliness for the victim.

MYTH: She should just leave the relationship and the abuse will end.

FACT: Fear for her safety is a major deterrent to leaving. 75% of fatalities and serious injuries occur while women are leaving the abusive relationship. In addition, many factors such as economic dependence, religious beliefs, and lack of resources, social stigma and isolation keep a woman from leaving a violent situation.

MYTH: Victims provoke their partners' violence or can stop the abuse.

FACT: Victims never control an abuser's actions and are never to blame for such abuse. Violence and controlling behaviors are never justified or acceptable.

MYTH: Children aren't aware of, or affected by, the violence in their homes.

FACT: Studies show that in 50-70% of cases where one parent is abusing the other, the children are also being abused. Children suffer

emotional, cognitive, behavioral, and developmental impairments as a result of witnessing domestic violence in the home.

MYTH: Drugs and alcohol cause domestic violence.

FACT: Abusers frequently make excuses for their violence, claiming loss of control due to alcohol or drug use. Although drug or alcohol abuse may intensify existing violent behavior, it does not cause domestic violence.

MYTH: Abusers need to learn how to control their anger.

FACT: Anger management methods are not appropriate because they do not address the root cause of abuse. Abuse is not about anger; it is motivated by power and control. Abusers hold attitudes and beliefs about the acceptability of being violent.

MYTH: Women are just as violent as men.

FACT: Women are more likely to be victims of domestic violence than men. The majority of violent crimes in America are perpetrated by men. According to the FBI, in over 95% of all domestic violence incidents, the man is the batterer.

MYTH: It really isn't violence when a same-sex couple fights. It's just a lover's quarrel, a fair fight between equals.

FACT: This is based on the false assumption that two people of the same gender have no power differences. It also ignores that fact that in domestic violence relationships, it is the choice of one partner to take advantage of her or his power in abusive ways. Dismissing domestic violence as a lover's quarrel trivializes and excuses violence that is just as real, and dangerous, as any in a heterosexual relationship.

Domestic Violence

How to Spot an Abuser

Before an abuser starts physically assaulting his victim, he typically shows his abusive tendencies through "red flag" behaviors. There are several warning signs. Here are some common examples.

Excessive Charm

Abusers can be very charming. Abused women have described their abuser when they first met as *Prince Charming* or her *Knight in Shining Armor*. He can be very engaging, thoughtful, considerate, and charismatic.

Quick Involvement

An abuser will often claim 'love at first sight' and/or that she is the only person he could ever talk to so openly or who could understand him so well. He needs someone desperately and will pressure her to commit to him before she feels the relationship has reached 'that stage'.

Social Isolation

Social isolation usually begins with wanting the woman to spend time with him and not her friends or support system. He then will slowly isolate her from any person who is a support to her. He dictates who she can talk to; he tells her she cannot receive phone calls from her family.

Jealousy

Jealousy is a tool abusers use to control their victims. An abuser will question his victim about her daily activities and make baseless accusations. Examples may be things like constantly accusing her of having affairs. If she goes to the grocery store, he accuses her of having an affair with the grocery clerk. If she goes to the bank, he accuses her of having an affair with the bank teller. Abusers will usually say that jealousy is a sign of love.

Controlling Behavior

Abusers are very controlled and very controlling people. In time, the batterer will control every aspect of the victim's life: how she wears her hair, what clothes she wears, and whom she talks to. Batterers are also very controlled people. While they appear to go into a rage or be out of control we know they are very much in control of their behavior.

Red Flags

- Name-calling and/or constant put-downs
- Cruelty to animals
- Poor communication and coping skills
- Tendency to blame others for their faults/mistakes
- A sense of entitlement and superiority
- A self-righteous attitude
- A family history of domestic violence in adult life or childhood

Domestic Violence

Understanding Your Partner's Abusive Mentality

Abusive men come in every personality type, arise from good childhoods and bad ones, are macho men or gentle, “liberated” men. No psychological test can distinguish an abusive man from a respectful one. Abusiveness is not a product of a man’s emotional injuries or of deficits in his skills. In reality, abuse springs from a man’s early cultural training, his key male role models, and his peer influences. Abuse is a problem of values, not of psychology.

He is controlling. This generally falls into one or more of the following areas of the relationship:

Arguments and decision-making. He sets the rules and he enforces them, with abuse if necessary.

Personal freedom. It is his right to control where his partner goes, who she sees, what she wears, when she needs to be back home.

Parenting. If the couple has children, the abusive man generally considers himself the expert on parenting, even if he does little of the actual work.

He feels entitled. It is his belief that he has a special status and that it provides him with exclusive rights and privileges that do not apply to his partner. Rather than a normal, healthy model of relationship in which each partner had equal rights, in the abuser’s mind, his rights are greatly inflated and the rights of his partner and children are greatly diminished. His special rights usually fall into one or more of the following categories: *physical, emotional and sexual caretaking; deference and freedom from accountability.*

He feels like the victim. His entitlement thinking makes him reverse aggression and self-defense. So when she stands up for herself, he will say she is the one abusing him.

He disrespects his partner and considers himself superior to her. The abuser tends to see his partner as less intelligent, less competent, less logical, and even less sensitive than he is. Most abusers verbally attack their partners in degrading, revolting ways. They reach for words they know are most disturbing to women, such as b---, w---, and c---, often preceded by the word *fat*. These disgusting words carry a force and ugliness that feels like violence. Indeed, abusers admit

that they choose their words carefully in order to make their partners feel both debased and unsafe.

He confuses love and abuse. The more a man abuses, the more he is demonstrating that he cares only about himself. He may have a powerful ‘feeling’, but it may have more to do with what he can get from his partner than the desire to give to others.

He is manipulative. Few abusive men rely entirely on verbal abuse or intimidation to control their partners. He tends to switch frequently to manipulation to get what he wants. Here are some signs to watch for:

Changing his moods abruptly and frequently.

Denying the obvious about what he is doing or feeling.

*Convincing her that what **he** wants is best for her.*

Getting her to feel sorry for him.

Using confusion tactics in arguments.

Lying or misleading her about his actions, his desires, or his reasons for doing certain things.

Getting her and the people she cares about turned against each other.

He strives to have a good public image. Most abusive men put on a charming face for their communities, creating a sharp split between their public image and their private treatment of women and children.

He feels justified. Abusers externalize responsibility for their actions, believing that their partners make them behave in abusive ways.

Abusers deny and minimize their abuse. He denies his actions to close off discussion because he doesn’t want to answer for what he did, and perhaps he even wants her to feel frustrated and crazy.

Abusers are possessive. Possessiveness is at the core of the abuser’s mind-set; on some level he feels that he owns her and therefore has the right to treat her as he sees fit. Sometimes this takes the form of sexual jealousy. Ironically, the most accusatory abusers are among the ones most likely to be cheating themselves. Extreme jealousy can also be used to isolate, either because he wants her to focus entirely on his needs or he doesn’t want her to develop sources of strength that could contribute to her independence.

Domestic Violence

Emotional Abuse

The presence of emotional abuse is the largest risk factor and greatest predictor of domestic violence. Emotional abuse is a pattern of intimidation, coercion and threats that an abuser uses to get the victim's compliance. As a result of emotional abuse, a woman lives her life in fear and repeatedly alters her thoughts, feelings, and behaviors, and denies her needs, to avoid further abuse. Because power and control tactics take many different forms, happen during many different types of incidents and occur mostly in private, it is often difficult for the victim to pinpoint or describe his/her feelings. The indicator heard most often is "I feel like I'm going crazy" or "Was I wrong?"... a general feeling of confusion.

Targeted, repeated emotional abuse can severely affect the victim's sense of self and of reality. The process is the same as the brainwashing inflicted on prisoners of war and hostages taken by terrorists. The techniques an abuser uses are meant to isolate the victim from help and to reinforce the abuser's control by humiliating the victim. The abuser is training the victim that resistance is futile. It is impossible to create a complete list of the tactics that are used by abusers to control their partners. The following list represents some of the most reported forms of abuse by victims who are or have been in an emotionally abusive relationship.

Verbal Abuse:

- Criticizes her, tells her she is stupid, fat or ugly or calls her names
- Tells her that no one else would want her or that she could not make it on her own
- Makes racist comments about her cultural background
- Criticizes her spiritual beliefs
- Plays mind games with her; lies to her or recreated events
- Refuses to talk to her for long periods of time - silent treatment
- Shames or humiliates her if she needs him to take care of physical needs related to a disability
- Denies his actions or minimizes them;
- Tells the woman that all the problems in the relationship are her fault

Isolation:

- Interferes with her relationships with family, friends or co-workers
- Makes accusations of infidelity if she speaks to another man, or accuses her of being a lesbian if she has female friends
- Interrogates her about her whereabouts and the people she talked to
- Prevents her from attending her faith community
- Refuses to allow her to go to work school or other independent activities
- Does not allow her to take English classes if she is non-English speaking
- For a deaf woman; refuses to provide American Sign Language interpretation
- Threatens to "out" a victim who is part of an LGBTQI community

Domestic Violence

Emotional Abuse cont'd

Threats:

- Threatens to deport her if she does not stay in the relationship
- Threatens to kill himself; says that he can't make it without her
- Threatens to take the children from her or ensure she never sees them again
- Threatens to harm or kill her, her children, family, friends, farm animals or pets

Intimidation:

- Destroys or throws out things that are important to her
- Slams doors; punches holes in walls; pulls phone out of the wall
- Yells at her; would not allow her to speak
- Holds a deaf woman's hands so she cannot sign
- Takes her wheel-chair out of reach or damages her scooter

Sexual Abuse:

- Insists that she have sex with him in whatever manner he wants and whenever he wants
- Threatens to have affairs, or accuses her of having affairs if she did not have sex with him
- Withholds sex in a malicious way, to punish her or make her feel bad about herself

Financial Abuse:

- Does not allow her any access to financial resources;
- Makes her account for every penny she spends
- Denies her the opportunity to work outside of the home

Neglect:

- Refuses to assist a woman with a disability to the toilet, leaves her in bed or neglects her for long periods of time
- Denies her basic needs such as food, hygiene or sleep
- Refusing to provide heat, transportation or medical attention

“Emotional abuse is underneath all other types of abuse - the most damaging aspect of physical, sexual, mental, etc. abuse is the trauma to our hearts and souls from being betrayed by the people that we love and trust.”

—Robert Burney (grief therapist)

Domestic Violence

Emotional Abuse - Isolation

We believe that no one should have to live under conditions of emotional abuse, even to a small degree. The scores from this questionnaire and the following one are suggested only as a rough guide. It is your own judgement whether these conditions are intolerable.¹

Please choose the response that best applies	Never	Rarely	Occasionally	Very often
1. I have to do things to avoid my partner's jealousy.				
2. My partner tries to control whom I spend my time with.				
3. My partner disapproves of my friends.				
4. My partner does not believe me when I talk about where I have been.				
5. My partner complains that I spend too much time with other people.				
6. My partner accuses me of flirting with other people.				
7. In social situations my partner complains that I ignore him.				
8. My partner is suspicious that I am unfaithful.				
9. My partner acts like a detective, looking for clues that I've done something wrong.				
10. My partner checks up on me.				
11. My partner keeps me from going places I want to go.				
12. My partner keeps me from doing things I want to do.				
13. My partner says I act too seductively.				
14. My partner keeps me from spending time at the things I enjoy.				
15. My partner threatens to take the car keys if I don't do as I am told.				
16. My partner threatens to take the money if I don't do as I am told.				
17. My partner threatens to take the checkbook if I don't do as I am told.				
18. My partner prevents me from leaving the house when I want to.				
19. My partner disables the phone to prevent my using it.				
20. My partner disables the car to prevent my using it.				
21. My partner threatens to pull the phone out of the wall.				
22. My partner forcibly tries to restrict my movements.				
23. My partner acts jealous.				
24. My partner keeps me from spending time with the people I choose.				

Give yourself 1 point for every "Never", 2 points for every "Rarely", 4 points for every "Occasionally", and 5 points for every "Very Often". If you scored between 51-67, you are being emotionally abused through isolation. If you scored 68 or higher, the emotional abuse by isolation is more severe than the typical abused woman in our sample.

¹ Adapted from the book "When Men Batter Women" by John Gottman and Neil Jacobson

Domestic Violence

Emotional Abuse - Humiliation

Perhaps the most common type of severe emotional abuse involves both public and private insults, humiliation, and attempts to degrade. We believe that no one should have to live under conditions of humiliation, even to a small degree. The scores from this questionnaire are suggested only as a rough guide. It is your own judgment whether these conditions are intolerable.²

Please choose the response that best applies	Never	Rarely	Occasionally	Very Often
1. My partner tries to catch me at inconsistencies to show that I'm lying.				
2. My partner tries to convince other people that I'm crazy.				
3. My partner tells other people that there is something wrong with me.				
4. My partner says things to hurt me out of spite.				
5. My partner has told me that I am sexually unattractive.				
6. My partner tells me that I am sexually inadequate.				
7. My partner insults my religious background or beliefs.				
8. My partner insults my ethnic background.				
9. My partner insults my family.				
10. My partner talks me into doing things that make me feel bad.				
11. My partner tells me that no one else would ever want me.				
12. My partner humiliates me in front of others.				
13. My partner makes me do degrading/humiliating things.				
14. My partner questions my sanity.				
15. My partner tells other people personal information or secrets about me.				
16. My partner swears at me.				
17. My partner verbally attacks my personality.				
18. My partner has insulted me by telling me that I am incompetent.				
19. My partner ridicules me.				
20. My partner forces me to do things that are against my values.				
21. My partner questions whether my love is true.				
22. My partner compares me unfavorably to other partners.				
23. My partner intentionally does things to scare me.				
24. My partner threatens me physically during arguments.				

Give yourself 1 point for every "Never", 2 points for every "Rarely", 4 points for every "Occasionally", and 5 points for every "Very Often". If you scored between 73-94, you are being emotionally abused through humiliation. If you scored 95 or higher you are being more severely emotionally abused by humiliation than the average abused woman.

² Adapted from the book "When Men Batter Women" by John Gottman and Neil Jacobson

Domestic Violence

Power and Control Wheel – Duluth Model

Physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are usually the actions that allow others to become aware of the problem. However, regular use of other abusive behaviors by the abuser, when reinforced by one or more acts of physical violence, makes up a larger system of abuse. Although physical assaults may occur only once or occasionally, they instill threat of future violent attacks and allow the

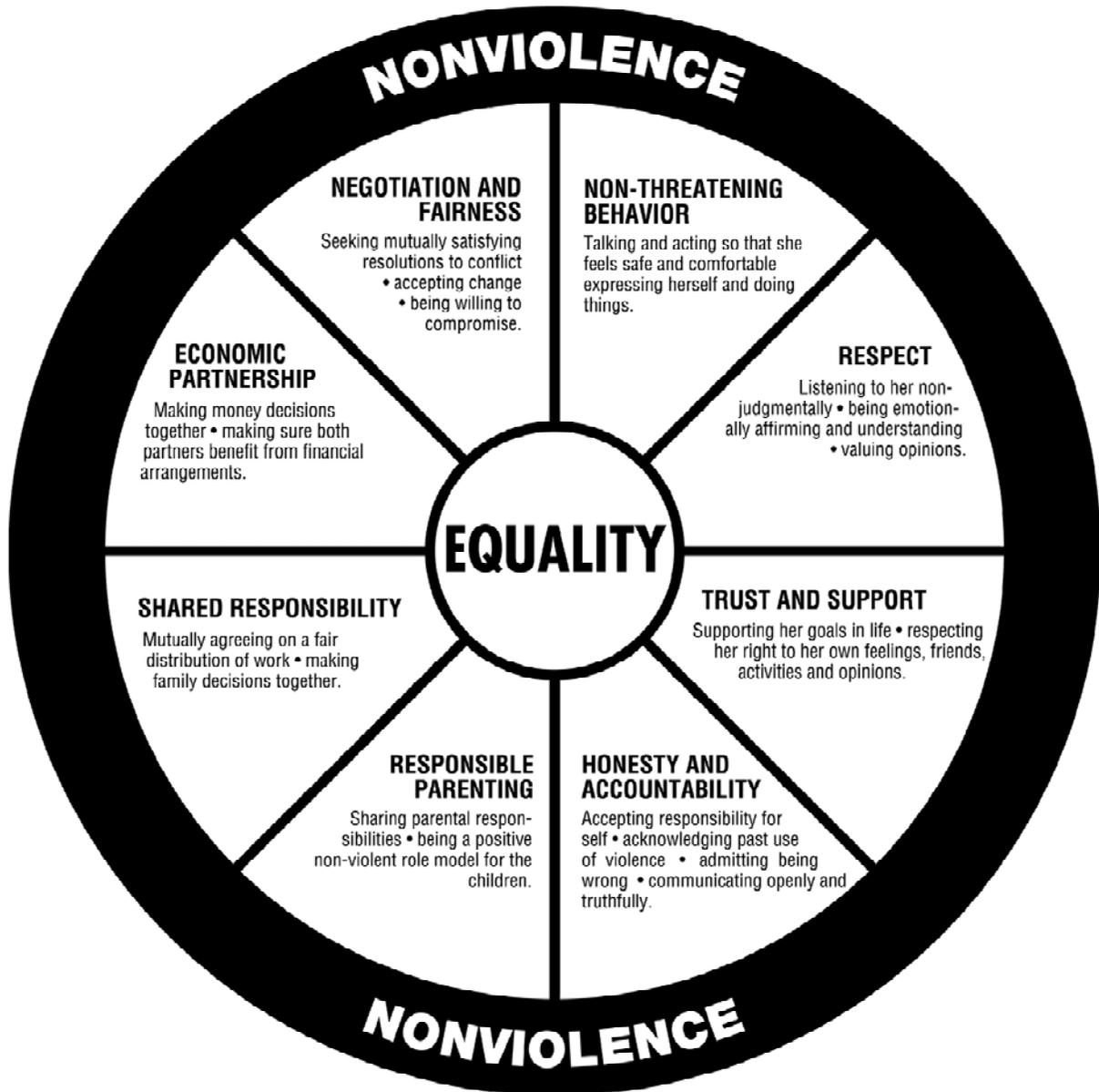
abuser to take control of the woman's life and circumstances.

The Power & Control diagram is a particularly helpful tool in understanding the overall pattern of abusive and violent behaviors, which are used by an abuser to establish and maintain control over his partner. Very often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattern of intimidation and control in the relationship.



Domestic Violence

Equality Wheel – Duluth Model



Domestic Violence

Effects on Children & Youth

For children, the impact of witnessing domestic violence can be devastating. Children may witness acts of domestic violence by being present in the room during the incident of abuse, by hearing the violence from another room, or by seeing their mother's bruises, black eyes, or broken limbs. Children who are exposed to domestic violence experience a range of feelings. Some of these feelings include fear, confusion, guilt, anger, worry and sadness. Children may also exhibit signs of Post Traumatic Stress Disorder. Symptoms include inability to sleep through the night, bed-wetting, anger acted out through temper tantrums, stomachaches, etc. The impact of living in homes where domestic violence is present is detrimental to the emotional, developmental and physical well being of those children.

Child witnesses are at risk of being injured themselves, either during the violence or as a targeted victim. Studies show that up to 80% of child witnesses are also abused themselves either physically and/or sexually,

making domestic violence the number one predictor for child abuse.

The State of Oregon now recognizes the impact domestic violence has on children by enacting the law that it is a felony to commit the crime of domestic violence in front of a child. Crime Victim's Compensation has also acknowledged the impact of domestic violence on children by providing monetary support for counseling and other services child witnesses might need. (Ask your advocate for more information)

Be supportive of your children. Acknowledge that the violence is not their fault. Allow your child to share their feelings about your abusive partner. Listen and encourage your child's expression of worries, questions and fears. Do not judge the abuser as a bad person, but rather as a person who makes wrong choices to use violence.

Remind yourself and your child: It's NOT our fault!



Please ask your advocate for a more detailed list of age appropriate symptoms your child may be exhibiting. Saving Grace also has a safety plan specific to children.

Domestic Violence

What May Happen If You Leave

The danger level in an abusive relationship increases significantly during the time you are leaving the relationship and for a period of time thereafter. When a victim leaves her abuser, the abuser goes through a process of emotions and behaviors that is quite predictable. This is the separation process:

Indifference

At first, the batterer says such things as, “Go ahead and leave. I don’t care. I’ve got lots of women after me. I don’t need you.”

Anger and Manipulation

Now the batterer shows his “anger”. Batterers are no angrier than anyone else. Anger is a tool batterers use to gain and maintain control. If there are children in the family, for instance, he may say his anger is because the survivor is keeping the children from him and “I have a right to see my kids”

Attempts to Re-ignite Relationship

The abuser tries to hook the victim back into the relationship - and succeeds in more than a few cases. The abuser begins to court the survivor again, perhaps with a trip down memory lane: “Remember when we met?” “Remember when the baby was born?” He also promises to change: “I’ll quit drinking.” “I’ll get counseling.” He won’t discuss the abuse; he will talk only about past good times and the promise of good times to come. He says he wants her back.

Ruining Her Reputation

He tells lies about the survivor to everyone who knows her. His goal is to isolate her socially and to

wipe out any support she might have among friends and family. Many times, the woman does not know about the lies. One of the most common lies is that the woman was having an affair, a lie that he can use to justify his violent behavior.

Renewed Anger and Manipulation

Once he recognizes the survivor is not coming back to him, he renews his manipulative anger. *The victim is in danger.* The abuser is likely to carry out threats he made during the relationship and earlier in the separation cycle.

Using the Children

The abuser may use children to manipulate by conveying messages, “We could be a happy family again if mommy would just let it”. He may threaten to take the kids, “and you’ll never see them again”. This may be a threat to abduct, to get full custody, or to kill the children. The abuser may report the victim to Child Protection Services (“she is a child abuser”), or withhold child support payments.

Using the Legal System

It is becoming increasingly common for abusers to file a restraining order against the victim; or, if she has filed a restraining order, he may contest it. The safeguards in the legal system that were put in place by the legislature are sometimes now tools of the abuser. It is important that you tell anyone that you are working with in the legal system – mediators, attorneys, judges, custody evaluators, etc. – about the history of domestic violence you have experienced.

If any of this applies to you see [Planning for Safety](#) for more information on how to keep yourself and your children as safe as possible.

Safety

Planning for Safety

SAFETY PLAN

Safety planning helps develop tools in advance of potentially dangerous situations. Choose only the suggestions listed that make sense for your set of circumstances.

Safety if you stay and safety during a violent incident

Practice how to get out of the home safely.
What doors, windows, stairwells or fire escapes would you use?

_____.

Keep your purse and car keys safe and where you can get to them quickly.

I can tell _____
about the violence and request they call the police if they hear suspicious noises coming from my house.

Safety plan with your children. See Saving Grace's "Tips for Safety Planning with Children."

When I expect violence is going to occur, I will try to move to a space that is lowest risk, such as

_____.

(Try to avoid arguments in the bathroom, kitchen, garage, near weapons, or in rooms without access to an outside door.)

Consider using a code word and visual signal that alert family and friends that you are in danger.

If I have to leave home quickly, I will go _____.

Call 911 from a home phone so the police can trace your location if you can't talk.

Keep weapons and knives as hard to get as possible.

I will include pets in my safety plan. If it isn't safe for me, it is likely not safe for my pet(s).

I can use my judgment or intuition. I have to protect myself until I/we are out of danger.

Safety when preparing to leave or when leaving

So I can leave quickly, I will leave money, an extra set of keys, extra clothing and important documents with _____.
If safe, I can leave these items in a hidden spot at home.

I can check with _____
and _____ to see who would be able to let me stay with them and who may be able to lend me money.

Open a savings account in a new bank and in your name only.

Keep evidence of abuse (pictures, incident log) in a safe and hidden place. If you are injured, go to the doctor or ER. Ask them to document your visit and injuries. Ask a friend to do the same.

Consider getting a prepaid, anonymous cell phone that your abuser does not know about.

Safety

Planning for Safety cont'd

List of items to take with you:

- Phone numbers of friends, doctors, schools, etc
- Driver's license/ID
- Medications
- Credit cards, or list of all with your name on them
- Checkbooks, ATM cards, bank accounts, assets info

If time is available, also take:

- Passports, green card
- Titles, deeds, property info
- Medical records
- Kids' school and vaccination/immunization records
- Insurance info
- Marriage license, birth certificates, will, other legal documents
- Social security cards
- Welfare ID
- Keys to the home, car, office
- Car Registration
- Lease/rental agreement
- Work permits
- Children's toys, blankets, etc.
- Pictures, jewelry, personal or sentimental items

Safety after you've left or after he's left

Change locks on doors and windows.

Install security systems including additional locks, window bars, an electronic system etc., as affordable.

I can inform _____ that my partner no longer lives with me and that they should call the police if he is seen at my residence (friends, neighbors, co-workers or landlords.)

Add a motion sensor lighting system on the inside and out.

Change phone numbers and consider getting caller ID.

Block sliding doors with broom handle or other obstacle.

Rent PO Box or use Address Confidentiality Program (ask Saving Grace about this.)

Purchase rope ladders for second floor windows.

Safety on the job, in public or outside the house

Friends, family, co-workers can help protect you. Consider carefully which people to invite to help secure your safety.

employer, family and friends about the restraining order.

If I have a restraining order, I will keep a copy with me at all times. I will also tell my

I can give a copy of the restraining order to my children's school or daycare.

Safety

Planning for Safety cont'd

I can tell _____ at work about my situation.

When I leave work, I can walk with _____ to my car or bus stop. I will park my car where I will feel safest to get in and out of it.

I can change my route to work or places I go to often, use different grocery stores, shopping centers and banks.

I can keep a cell phone with me at all times. Cell phones with no service plans can still reach 911 (ask Saving Grace about 911 cell phones if you don't have cell service).

Temporary Restraining Order

Victims of domestic violence can apply for a temporary restraining order to protect them from an abuser. The restraining order is free, and the forms are available at the courthouse, Saving Grace offices, the Victims' Assistance Program, or Legal Aid. If the restraining order is issued, it is effective for one year. It can be renewed for

one year at a time by filing paperwork with the court before the order ends. You can give copies of the restraining order to your workplace, daycare, or children's school. Keep the restraining order with you at all times. Restraining orders can be modified or dropped if you choose to do so.

A Restraining Order Can:

- Require the abuser to stop abusing, threatening, or interfering with the victim and her children
- Forbid the abuser from going to the victim's home, workplace, or other specified place
- Give the victim temporary legal custody of the children

Following are the requirements for obtaining a restraining order:

- 1. Age - You must be at least 18 years old OR you are younger than 18 and the person Who abused you is at least 18 AND**
 - you are (or were) married to that person or
 - you have been in a sexual relationship with that person
- 2. Relationship - The person who abused you is:**
 - Your husband, wife or domestic partner
 - Your former husband, wife or domestic partner
 - An adult with whom you are living (or did live) in a sexual relationship
 - An adult with whom you have been in a sexual relationship in the last two years
 - An adult related to you by blood, marriage or adoption
 - The parent of your child

Safety

Temporary Restraining Order cont'd

3. Abuse - In the last 180 days, the person who abused you must have:

- Physically injured you or
- Tried to physically injure you or
- Made you afraid that he or she was about to physically injure you or
- Made you have sexual relations against your wishes by using force or threats of force

4. Ongoing Danger

- You are in danger of more abuse very soon, and the person who abused you is a threat to the physical safety of you or your children

If the abuser disagrees with the restraining order, he or she has 30 days to request a hearing. Both sides must attend the contested restraining order hearing. In some cases, it may be advisable to hire an attorney to help with the hearing. Another option is to have a Saving Grace advocate help you prepare for the hearing and accompany you to court.

Call 911 to report violations of the restraining order. There is a mandatory

arrest policy for violation of restraining orders, if police have probable cause to make the arrest.

For more information on restraining orders, contact Saving Grace or the Victims' Assistance office. A seven-minute video is also available on the Saving Grace website, in the Services-Domestic Violence section under "What About My Safety."

Preparing for Court

Remember, you can request that a Saving Grace advocate accompany you to Court for support in obtaining the restraining order or in a contested restraining order hearing.

Courtrooms are formal settings. While obtaining a restraining order can be a stressful time, it is important to observe the following courtroom etiquette. Please dress appropriately, avoiding shorts or jeans if possible. Plan on leaving your children

with someone who can watch them. Turn off any cell phones or other electronic devices. When talking with the Judge, speak respectfully and do not interrupt him or her.

If you are concerned you may be nervous or forget what you wanted to say to the judge, you are welcome to bring notes into the Courtroom to assist your memory.

Safety

Crime Victim's Compensation

Oregon law says that people who have been victims of crime or are dependents of victims of crime may be able to receive money as compensation for their losses and expenses resulting from the crime. Incidents of domestic violence may be compensable crimes.

The kinds of losses the state may compensate include mental health counseling, medical and

hospital expenses related to the crime, victim loss of earnings, or mileage. To be eligible, you must be a victim of a crime which occurred in Oregon, apply for compensation within six months of the crime (may be waived), and report the crime to police or sheriff within 72 hours of the crime (may be waived). Please contact a Saving Grace advocate or the Victims' Assistance program for further information.

Stalking

Stalking is defined as one person's knowingly alarming or coercing another person by engaging in repeated and unwanted contact with the other person or members of their immediate family or household. It includes intentional, unlawful and repeated harassment and/or following of a person,

which causes that person to be in reasonable fear for his/her personal safety. Stalkers can be someone you know well or not at all. They can be dangerous and unpredictable. Stalking can be used as a form of intimate partner violence during a relationship or after the relationship has ended.

Some things stalkers do:

- ✓ Follow you or show up where you are; or drive by your home, school or work.
- ✓ Repeatedly call or text you, including hang-ups.
- ✓ Damage your home, car, or other property.
- ✓ Send unwanted gifts, letters, and emails.
- ✓ Monitor your phone calls and computer use.
- ✓ Use technology like hidden cameras or GPS to track where you go.
- ✓ Threaten to hurt you, your family, friends, or pets.
- ✓ Contact your friends, neighbors, or coworkers (sometimes anonymously).
- ✓ Use untraceable phones, fake phone numbers, or fake email to harass you.
- ✓ Other actions that control, track or frighten you.

Most stalkers have dated or been involved with the people they stalk. A small amount of stalkers follow celebrities or strangers. 75% of stalkers are men stalking women, but men do stalk men, women stalk women, and women stalk men. The

average length of stalking is 1.8 years. It rises to 2.2 years when the victim is or was an intimate partner. Actions of the stalker affect the victim, their family, friends, neighbors and coworkers.

Safety

Stalking cont'd

There are steps you can take to increase your safety:

- ✓ Call 911 if you are in immediate danger.
- ✓ Trust your instincts. If you feel like you are not safe, you are probably right.
- ✓ Take threats seriously. In general, your danger is increased when the stalker talks about suicide or murder, or when you try to leave or end the relationship.
- ✓ Develop a safety plan.
- ✓ Keep evidence and a log of stalking behaviors, no matter how small. When the stalker follows you or contacts you, write down the time, date and place. Keep emails, phone messages, letters, or notes. Photograph any evidence as well.
- ✓ Contact police to create/keep a record.
- ✓ Tell family and friends how they can help you and caution them not to give out your information to anyone.
- ✓ Contact Saving Grace for further information and to create a safety plan and stalking log.

Consider getting a stalking protective order if you feel it will increase your safety.

About Stalking Protective Orders

A Stalking Protective Order is a court order that tells a person who has made unwanted contact with you or a member of your immediate family or household to stop this behavior. To get a stalking order, you or a member of your immediate family or household must have been contacted **two separate times** within the past two years. You must file for a Stalking Protective Order at the courthouse in the county where the stalker lives or where the unwanted contacts took place. The judge will

initially sign a Temporary Stalking Protective Order. After that, a hearing will be set where a Permanent Stalking Protective Order can be granted. Both you and the person whom you're getting the Order against will be informed of this hearing. If you do not attend this hearing, the Order will likely be dismissed. Saving Grace advocates are available to assist you with Stalking Protective Order paperwork and to provide support for court proceedings.

For more information on stalking, please contact your local Saving Grace or Victims' Assistance office.

Healing

Effects of Domestic Violence and the Process of Healing

When a woman leaves an abusive relationship, she often goes through several stages of healing. Below are some common experiences survivors of domestic violence share:

Shattered Dreams

When relationships begin, couples often share hopes of how their relationship will flourish and how their family will grow. When a woman realizes there is no hope with an abusive relationship, she often goes through a period of feeling betrayed, or feeling as if her dreams have been shattered. There may be feelings of disconnection and disempowerment. Getting involved with support groups, counseling, journaling, or seeking the help of friends and family can help during this time.



Effects of Trauma

The effects of living through an abusive relationship can manifest in several different ways. Some people experience sleep and appetite disturbances, many have difficulty concentrating; some feel a loss of control or loss of self-esteem, or feelings of isolation. Many feel depressed or suicidal. People can waver between feelings of denial and calm and then feelings of irritability and anger. Again, it is helpful to connect with support systems during this time to help make sense of the difficult feelings.



Coping Strategies

In order to deal with the effects of trauma, a survivor develops coping strategies. She may deny or minimize the impact of her experiences. She may try to avoid reminders of her previous relationship. She may also return to a crisis mode. She may self-medicate with alcohol or drugs.



continued on next page

Healing

Effects of Domestic Violence and the Process of Healing cont'd.



Safety Concerns

A survivor may feel unsafe in her own body – she may have unfamiliar emotions or out-of-control thinking. She may feel she can't trust herself to get into another relationship. These unsafe feelings are actually normal after living through an abusive relationship. Steps can be taken to restore one's sense of safety, such as changing the locks, getting a restraining order, or finding a safe place to live. In time, survivors learn what they need to do to protect themselves in future relationships. This helps their overall sense of safety and their ability to plan for future



Reconnection/Social Support

While helplessness and isolation are the main experiences of the trauma of domestic violence, empowerment and reconnection are the main experiences of recovery. During the recovery phase, she understands the effects of being victimized and is ready to take concrete steps to regain control of her own life and to protect against future danger. She knows that an intimate relationship is not a necessity, but rather is a choice. Positive social support can make all the difference in a survivor's healing process. This is why it is important to surround yourself with those who understand your experience.

Healing

Healthy Relationships

Slow down

People in healthy relationships know the importance of becoming friends first. Friendships require time; they don't spring up over night. Friends have many interests in common, not just sexual attraction. A relationship based on passion is like a one-legged stool—it will fall over because it can't support itself.

Is there trust?

People in healthy relationships are honest and open with each other at all times. Trust builds over time and is based on consistent, honest behavior.

Do you have mutual respect?

People in healthy relationships respect each other's opinions, feelings, goals and decisions even if they don't always agree with each other.

How is the communication?

People in healthy relationships do not hit, threaten, scare or use words to hurt each other.

Did you keep your friends?

People in healthy relationships continue their own interests and friendships outside of their romantic relationships.

Is one person always to blame?

People in healthy relationships take responsibility for their own actions and feelings. They do not blame each other if they lose their temper, make bad decisions or if something isn't going their way.

Is there shared decision making?

People in healthy relationships use communication and negotiation to make decisions about their activities. One person does not dominate the decision making.

Is it good when the two of you are sober?

People in healthy relationships do not pressure each other to use alcohol or drugs. They do not "get high" to make the relationship better.

Is one person trying to control the other?

People in healthy relationships are not jealous or possessive of each other. Partners don't insist on controlling what the other person wears, who they spend their time with, or what they do with their own money.

Is "No!" heard and respected?

People in healthy relationships don't pressure or force the other person to have sex or do things they are not comfortable doing.

Taken with permission, from Raphael House 2000

Healing

How to Love Yourself

Stop all Criticism

Simply refuse to criticize yourself. Everybody changes, but criticism never changes anything. When you are criticizing yourself, your changes are negative. When you approve of yourself, your changes are positive.

Be Gentle and Kind and Patient

Go easy on yourself as you learn new ways of thinking. Treat yourself as you would someone you really loved.

Be Kind to Your Mind

Self-hatred is only hating your own thoughts. Don't hate yourself for your thoughts. Instead, gently change the thoughts.

Praise Yourself

Criticism breaks down the inner spirit. Praise builds it up. Praise yourself as much as you can. Tell yourself how well you are doing with every little thing.

Support Yourself

Reach out to friends and family and allow them to help you. When you need help and ask for it, you are being strong.

Be Loving to Your Negatives

Acknowledge that you created them to fill a need. Now you are finding new, positive ways to fulfill those needs. Lovingly release the old negative patterns.

Take Care of Your Body

Learn about nutrition. What kind of fuel does your body need to have optimum energy and vitality? Learn about exercise. What kinds of exercise to you enjoy? Cherish and revere the temple you live in!

Love Yourself—Do it Now!

Don't wait until you get well or lose the weight, or get the new job or the new relationship. Begin now and do the best you can!

I Will Emerge

I will emerge from the shadows and enjoy the light when:

- I refuse to take responsibility for my partner's abusive behavior.
- I will stop blaming myself for the violence and abuse in my relationship.
- I understand that in order to take good care of my children, I must first take good care of myself.
- I recognize that my feelings and ideas are genuine and deserving of consideration.
- I can allow myself to make mistakes and know that I do not have to be perfect.
- I feel good about myself and my ability to function as an adult.
- I am able to accept and deal with what is real, rather than hanging on to what might have been or what was.
- I accept my right to autonomy (self direction).
- I will no longer allow anyone to treat me in an abusive manner.
- I will put as much time and effort into having a healthy relationship with myself as I will put into having a healthy relationship with another.