



I Am What I Am
— MINISTRY —

UNDERSTANDING INTIMATE PARTNER VIOLENCE

A Practical Guide to Recognizing Patterns and Finding Hope



*Not Defined by Trauma.
Restored by Grace.*

MAJOR SECTIONS OVERVIEW

Knowledge brings clarity. Clarity brings confidence. You are not alone.

1 WHAT IS INTIMATE PARTNER VIOLENCE?



A foundational overview of IPV, including definitions, common misconceptions, and the impact on individuals and families.

2 TYPES OF ABUSE



Explores the many forms abuse can take—physical, emotional, sexual, financial, spiritual, and technological.

3 PATTERNS AND CYCLES OF ABUSE



Understanding the cycle of abuse, patterns of control, and tactics used to maintain power and manipulation.

4 IMPACT ON SURVIVORS AND FAMILIES



The emotional, physical, spiritual, and long-term effects of abuse on individuals, children, and entire families.

5 SIGNS AND WARNING INDICATORS



Recognizing early signs, red flags, and concerning behaviors in relationships and environments.

6 THE ROLE OF FAITH AND THE CHURCH



A biblical perspective on abuse, truth, grace, and the responsibility of the Church to support survivors.

7 RESPONDING WITH COMPASSION



How friends, family, and church leaders can respond with empathy, avoid harmful reactions, and offer hope.

8 BARRIERS TO LEAVING AND SEEKING HELP



Understanding the fears, challenges, and obstacles that keep survivors in harmful situations.

9 FIRST STEPS TOWARD SAFETY AND HEALING



Encouragement and practical steps for beginning the journey toward safety, support, and restoration.

10 HOPE, HEALING, AND A NEW BEGINNING



A message of hope that healing is possible and a brighter future can be rebuilt—one step at a time.



YOU ARE NOT ALONE.
Help is available. Hope is possible.



MORE INFORMATION & SUPPORT
www.iamwhatiam.org



NATIONAL DOMESTIC VIOLENCE HOTLINE
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www.thehotline.org