



LOVE DOESN'T HURT

A COLLECTION OF
FREQUENTLY USED TERMS

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CONTENTS

Understanding Domestic Violence Terminology

- Sociopath-Narcissist Personality
- PTSD
- Trauma Bond-Gaslighting
- Breadcrumbing-Triangulation-Projecting
- Love Bombing

Types of Domestic Abuse

- Stalking-Economic Abuse
 - Psychological Abuse-Sexual Abuse
 - Physical Abuse
 - About the Creator
-

A Survivor's Perspective

As a survivor you may be familiar with the language and terminology associated with abuse. I have created an informative guide to provide clarity and understanding around the various terms and definitions used in relation to domestic violence. This guide aims to empower and support survivors and advocates.

You may have heard of some of these terms before, but do you know how to recognize them in potentially toxic or abusive relationships? Whether you or someone you know needs help identifying warning signs of an abuser, sociopath, or narcissist, we're here to provide you with information that can make a difference.

Please Download, share, and support our mission to end intimate partner violence. Please download copy and share!

Knowledge + Action = Our SUPERPOWER



Curated with love and care,

Yolanda

Getting Familiar with Domestic Violence Terminology:

Understanding Domestic Violence and its Different Forms

Domestic Violence or Intimate Partner Violence (IPV) is a form of aggression or abuse that takes place in a close relationship, including current or former spouses and dating partners. The severity and frequency of IPV can vary from one episode to repeated incidents over several years. It consists of four types of behavior: Physical Violence, Sexual Violence, Stalking, and Psychological Aggression.

Additionally, Economic Abuse is another form of IPV that can occur.

Domestic Violence also called Intimate partner violence

(IPV) is abuse or aggression that occurs in a close relationship. "Intimate partner" refers to both current and former spouses and dating partners. IPV can vary in how often it happens and how severe it is. It can range from one episode of violence that could have lasting impact to chronic and severe episodes over multiple years. IPV includes four types of behavior: Physical Violence, Sexual Violence, Stalking, Psychological Aggression
Other forms are Economic Abuse.*

Understanding Domestic Violence Terminology:

Sociopath

*Antisocial personality disorder, sometimes called sociopathy, is a mental disorder in which a person consistently shows no regard for right and wrong and ignores the rights and feelings of others. People with antisocial personality disorder tend to antagonize, manipulate or treat others harshly or with callous indifference. They show no guilt or remorse for their behavior. ***

Narcissist Personality Disorder

*is one of several types of personality disorders is a mental condition in which people have an inflated sense of their own importance, a deep need for excessive attention and admiration, troubled relationships, and a lack of empathy for others. But behind this mask of extreme confidence lies a fragile self-esteem that's vulnerable to the slightest criticism. ***

Understanding Domestic Violence Terminology:

PTSD

*Post-traumatic stress disorder (PTSD) is a mental health condition that's triggered by a terrifying event – either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event. Most people who go through traumatic events may have temporary difficulty adjusting and coping, but with time and good self-care, they usually get better. If the symptoms get worse, last for months or even years, and interfere with your day-to-day functioning, you may have PTSD. ***

Understanding Domestic Violence Terminology:

Trauma Bond

*is similar to Stockholm Syndrome, in which people held captive come to have feelings of trust or even affection for the very people who captured and held them against their will. This type of survival strategy can also occur in a relationship. It is called trauma bonding, and it can occur when a person is in a relationship with a narcissist. Within a trauma bond, the narcissist's partner—who often has codependency issues—first feels loved and cared for. However, this begins to erode over time, and the emotional, mental, and sometimes physical abuse takes over the relationship.****

Gaslighting

*is a form of persistent manipulation and brainwashing that causes the victim to doubt her or himself, and ultimately lose her or his own sense of perception, identity, and self-worth. The term is derived from the 1944 film Gaslight, in which a husband tries to convince his wife that she's insane by causing her to question herself and her reality ****

Understanding Domestic Violence Terminology:

Bread-crumbing

*the act of sending out flirtatious, but non-committal social signals (ie "breadcrumbs") in order to lure a romantic partner in without expending much effort. In other words, to lead someone on.******

Triangulation

*is when a toxic or manipulative person, often a person with strong narcissistic traits, brings a third person into their relationship in order to remain in control. There will be limited or no communication between the two triangulated individuals except through the manipulator. It may appear in different forms, but all are about divide and conquer, or playing people against each other.******

Projecting

*Essentially, all narcissists tell on themselves. Projection is the process through which they reveal who they are and what they're doing. Through projection, they call you what they are. They accuse you of doing what they're doing or planning on doing.******

Understanding Domestic Violence Terminology:

Love Bombing

*is the practice of overwhelming someone with signs of adoration and attraction think flattering comments, tokens of affection, or love notes on the mirror, kitchen table, or windshield, and you're beginning to get the picture. It's flowers delivered at work with hearts dotting the i's in your name. It's texts that increase in frequency as they increase in romantic fervor. It's surprise appearances designed to manipulate you into spending more time with the bomber and, not coincidentally, less time with others, or on your own.****

Types of Domestic Abuse:

Stalking

*is a course of conduct, including intimidation, surveillance or harassment, that places a person in reasonable fear of material harm to their health or safety or the health or safety of an immediate family member, household member, spouse or intimate partner, or pet. Stalking is a serious crime. Former and current intimate partners often use stalking to terrorize their victims.*****

Economic Abuse

*When an abuser takes control of or limits access to shared or individual assets or limits the current or future earning potential of the victim as a strategy of power and control, that is economic abuse. In economic abuse the abuser separates the victim from their own resources, rights and choices, isolating the victim financially and creating a forced dependency for the victim and other family members.*****

Types Of Domestic Abuse:

Psychological Abuse

*involves trauma to the victim caused by verbal abuse, acts, threats of acts, or coercive tactics. Perpetrators use psychological abuse to control, terrorize, and denigrate their victims. It frequently occurs prior to or concurrently with physical or sexual abuse, a pattern of repeated, unwanted attention and contact by a partner that causes fear or concern for one's own safety or the safety of someone close to the victim.*****

Sexual Abuse

*Perpetrators who are physically violent toward their intimate partners are often sexually abusive as well. Victims who are both physically and sexually abused are more likely to be injured or killed than victims who experience one form of abuse. Abusers assault people of all genders, races, ages, social classes and ethnicities. Women who are disabled, pregnant or attempting to leave their abusers are at greatest risk for intimate partner rape. *****

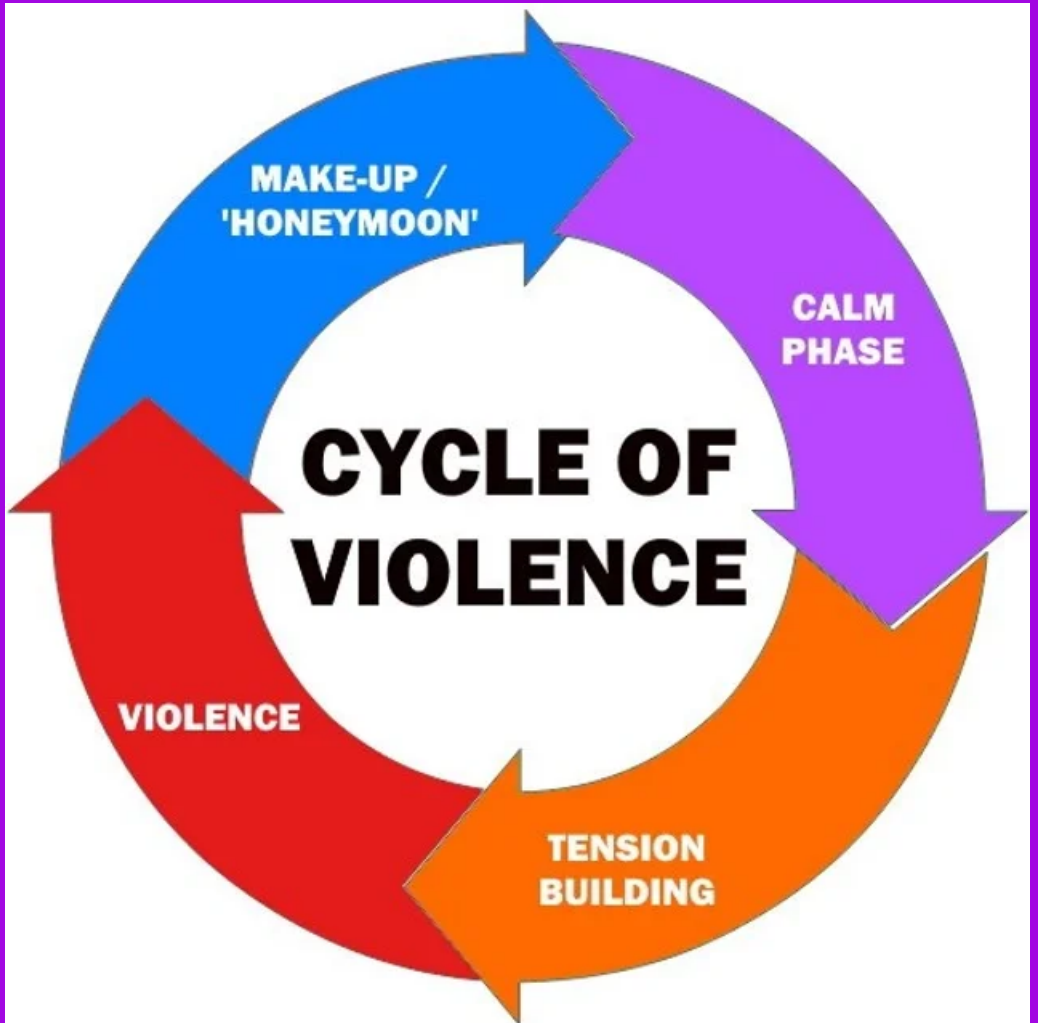
Types of Domestic Abuse:

Physical Violence

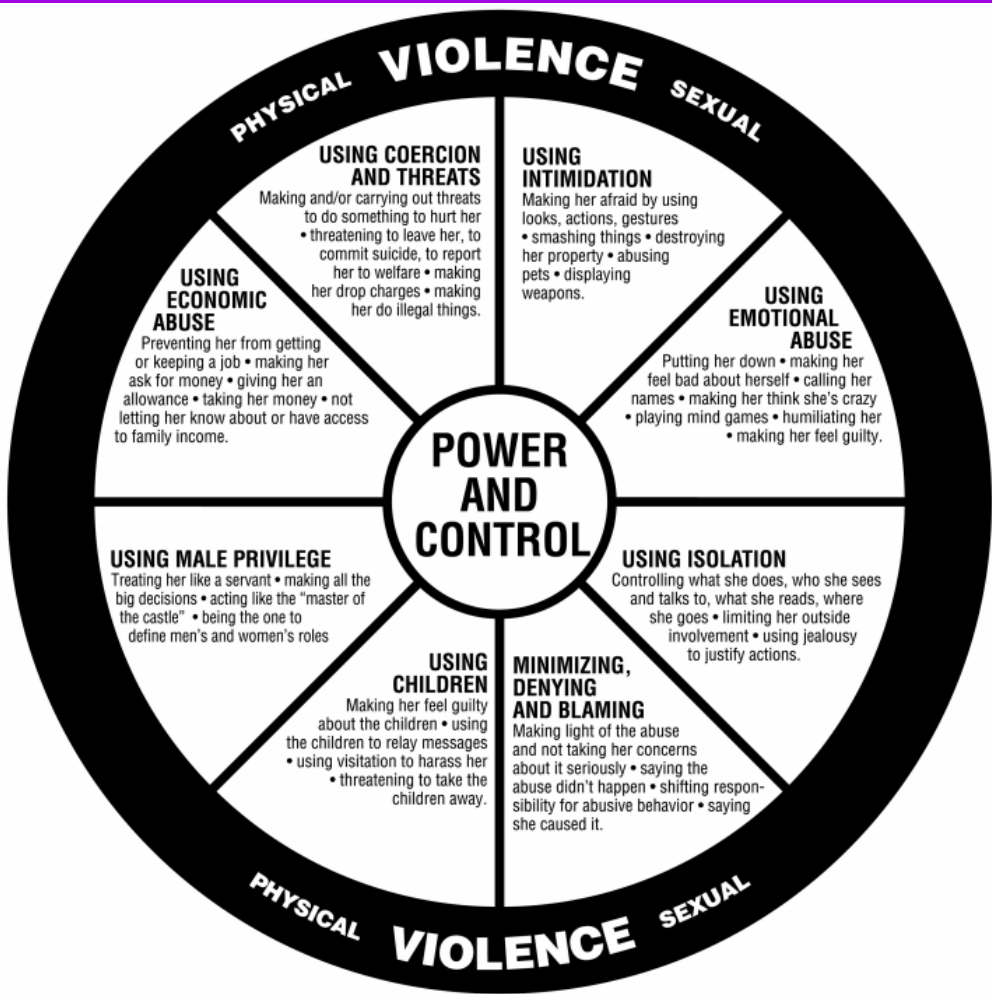
includes the physical assault, battery, and sexual assault used as part of a systematic pattern of power and control perpetrated by one intimate partner against another.

*Physical abuse can cause severe injury and even death. It often co-occurs with other forms of abuse, including psychological abuse, economic abuse, and stalking. *****

Cycle Of Violence



Wheel of Power & Control



About the Creator

Meet Yolanda Oliver

Yolanda has made it her life's work to serve women who have survived trauma, and she does so as both a coach and an advocate. Yolanda's own experiences with domestic violence – which began in childhood – and the loss of her firstborn son at the age of 27, make her uniquely qualified to understand and help others who are suffering.

Despite her own pain, Yolanda spent many years masking her emotions with a fake smile, feeling too ashamed to seek help or even confide in others. But research has shown that judgment-free spaces are crucial for women who have experienced trauma, and Yolanda is committed to providing that space. She guides women through the healing process, helping them to forgive and to regain their confidence through their faith.

Though her work is her passion, Yolanda's greatest ministry is being a mother to her youngest son, Master Joshua. With over 15 years of experience as an award-winning strategic and leadership coach in the corporate sector, Yolanda founded her own non-profit organization in 2020, Live Fearless Inc, to continue her mission of helping women heal from trauma. In 2021, she also established her first mentoring program and serves as a Christian life coach, workshop creator and facilitator.

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