

SOMETHING TO WORK ON!



DEALING WITH DOMESTIC VIOLENCE

Domestic abuse is more than physical abuse, and there are many warning signs. The below common signs of abusive behavior in a partner came from the Domestic Violence Hotline website.

As little as one or two of these red flags can be a sign that domestic abuse may be present. Please take the time to learn the signs:

- ✓ Telling you that you never do anything right.
- ✓ Showing extreme jealousy of your friends or time spent away from them.
- ✓ Preventing or discouraging you from spending time with friends, family members, or peers.
- ✓ Insulting, demeaning, or shaming you, especially in front of other people.
- ✓ Preventing you from making your own decisions, including about working or attending school.
- ✓ Controlling finances in the household without discussion, including taking your money or refusing to provide money for necessary expenses.
- ✓ Pressuring you to have sex or perform sexual acts you're not comfortable with.
- ✓ Pressuring you to use drugs or alcohol.
- ✓ Intimidating you through threatening looks or actions.
- ✓ Insulting your parenting or threatening to harm or take away your children or pets.
- ✓ Intimidating you with weapons like guns, knives, bats, or mace.
- ✓ Destroying your belongings or your home.



The bottom line is please do not ignore the signs. And if you need help, please seek help - Domestic Violence Hotline (800) 799-SAFE (7233).





ONE LAST THING

If you haven't signed up to be a subscriber, please go to www.ceejaywood.com and click on "subscribe". It's free and worth your while. I'd love to hear from you, so please feel free to reach out with blog topics and questions.

Until Next Time.....