

Spreading the Good News

Volume 1 Issue 1

Abuse Spotlight

December 2019

WHAT IS DOMESTIC VIOLENCE?

The National Coalition Against Domestic Violence

Domestic violence is the willful intimidation, physical assault, battery, sexual assault, and /or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another. It includes physical violence, sexual violence, threats, and emotional/psychological abuse. The frequency and severity of domestic violence varies dramatically

Domestic Violence may include the following:

Rape, stalking, intimidation/threats

Victims experience a wide variety of behaviors such as; fearfulness, post-traumatic stress disorder and frequent use of victim services.

A great number of victims keep quiet and/or withdraw from love ones. ■

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Statistics on Abuse

The National Coalition Against Domestic Violence

Did you know?

In the United States, an average of 20 people experience intimate partner violence every minute. This equates to more than 10 million abuse victims annually

- 1 in 4 women and 1 in 9 men experience severe intimate partner physical violence
- 1 in 3 women and 1 in 4 men have experienced some form of physical violence by an intimate partner.
- On a typical day domestic violence hotlines nationwide receive over 20,000 calls.
- 1 in 3 female victims and 1 in 20 male murder victims are killed by intimate partners.
- Only 34% of people who are injured by intimate partners receive medical care for their injuries.
- 72% of all murder-suicide are perpetrated by intimate partners.
- Between 21-60% of victims of intimate partner violence lose their jobs due to reasons stemming from the abuse.
- 94% of murder –suicide victims are female
- 1 in 5 women and 1 in 59 men in the United States is raped during his /her lifetime
- 19.3 million women and 5.1 million men in United States have been stalked
- In 43% of domestic violence incidents with female victims, children are residents of the household where the incident occurred
- 1 in 15 children in the United States were exposed to intimate partner violence.

There is much more data to look at when comes to this traumatic issue. Please visit www.ncadv.org for more facts. ■

Types of Abuse

Abuse can show up in the form of Physical violence, sexual violence, threats, emotional/psychological abuse, and even economic abuse. In many cases the abused will experience all of the varying types of abuse in 1 relationship or repeated patterns with several partners.

Abuse Categories

The NCADV has outlined categories of abuse.

Domestic violence and children

Domestic violence in later life

Domestic violence and rape

Domestic violence and guns

Domestic violence and teens and dating

Domestic violence and stalking

Domestic violence male victims and intimate partners

Domestic violence and homicide

Domestic violence and American Indian and Alaskan Native Women

Signs and red flags

A batterer or abusive person will show certain signs or red flags. If you notice any of these signs be careful and be on the lookout for other signs.

1. Jealousy
2. Controlling Behavior
3. Quick Involvement
4. Unrealistic expectations
5. Isolation
6. Blame for problems
7. Blame for feelings
8. Hypersensitivity
9. Cruelty to animals or children
10. Playful use of force
11. Verbal abuse
12. Rigid roles for men/women
13. Dr. Jekyll & Mr./Mrs. Hyde
14. Past batterer/abuser
15. Threats of violence
16. Breaks personal property
17. Does not respect privacy
18. Dominance over money
19. Use of children as pawns
20. Obsessions with weapons
21. Victim battery or sexual abuse
22. Verbally aggressive
23. Overly demanding
24. Difficulty managing anger
25. Disrespectful to others

PERSONAL STORY

The man I chose to love made decisions that were in his mind okay. He decided that calling me names to further lower my self-worth, hit me whenever he felt the need to overpower me; mainly while being under the influence of alcohol, he raised his foot to kick me to make me aware that I am unworthy of his love and used his hands to choke me to let me know I could die if I continue to stay longer for his antics.

My heart pained a bit, because my eyes were finally opened to the facts. I needed help and so did he. I had allowed him to play me fowl by playing myself, either way, I felt the effects and I was pissed off at him and myself. I tried crying for a release, but my eyes burned from the tears which let me know to just stop it. I was forcing unnecessary grief on myself.

I decided that this type of abusive treatment towards me would never, ever happen to me again. I became open to all the help and mentoring I needed in order to heal from the effects.

I made the decision to not feed into the negative feelings and I choose to continue to be gentle with myself.

I am in a good place. I have a spiritual foundation, a loving family, awesome friends, a focus on my goals, I enjoy the work I do and I am in good health. I truly believe that what doesn't kill you; will definitely make you stronger.

written by A Survivor

A Poem

LOVE YOURSELF FIRST

-BY MARCIA WILLIAMS

AT THE AGE OF 17 I GOT THE WORDS "LOVE YOURSELF FIRST"
CARVED ONTO MY CHEST LIKE THE SCARS ON SLAVES IN HISTORY
BOOKS.

EACH LETTER BEING WHIPPED ON ONTO MY SOFT MELANIN SKIN
BURNING BY EACH TOUCH.

THE MEANING OF EACH WORD SCREAMING "YOU WILL LEARN TO
LOVE YOURSELF BEFORE YOU LOVE SOMEONE ELSE."

FROM A YOUNG AGE I BECAME A MASTER OF MY OWN LOVE.

A CONTROLLER OF ALL LOVE GIVEN AND RECEIVED

A Poem (con't)

LOVE YOURSELF FIRST

-BY MARCIA WILLIAMS

SNATCHING THE LOVE THAT WAS RIGHTFULLY MINE AWAY
I TAUGHT MYSELF IN ORDER TO LOVE YOURSELF YOU MUST LOVE
THEM FIRST

SNATCHING THE LOVE THAT WAS RIGHTFULLY MINE AWAY
I TAUGHT MYSELF IN ORDER TO LOVE YOURSELF YOU MUST LOVE
THEM FIRST

CARE FOR THEM FIRST

THEY MUST ALWAYS BE FIRST

I BEGAN TO RUN BY BODY LIKE A COTTON FIELD

EACH EMOTION BEING A SLAVE REDIRECTED TO LISTEN AT ALL
COMMANDS

BY MY FIRST REAL RELATIONSHIP I HAD REPROGRAMMED MYSELF
TO NEVER THINK OF MYSELF FIRST.

TO DENY MYSELF LOVE UNLESS SOMEONE HAD THE MAJORITY OF
MY LOVE.

TO NEVER THINK OF MYSELF BEFORE THINKING OF SOMEONE
ELSE.

I HAD LET THEIR HAPPINESS OWN ME.

LET IT CONSUME

POISONED MYSELF WITH THE IDEA OF THEIR HAPPINESS WAS MY
HAPPINESS.

I BEGAN TO HANG MY THOUGHTS LIKE AN OLD SCHOOL LYNCHING.

KILLED FOR DISOBEDIENCE

KILLED FOR SELF-APPRECIATION

KILLED FOR WANTING TO LOVE THE ONE WHO WAS GIVING ALL THE
LOVE

AS TIME WENT ON MY BODY ACHED TO BE FREE

I DIDN'T WANT TO BE OWNED

CONTROLLED

BROKEN INTO SUBMISSION

I WAS TIRED OF SEEING MY SELF-ESTEEM MURDERED

BRUISED, ABUSED, AND BEATEN.

I WANTED TO LOVE MYSELF FIRST

WHERE YOU CAN GET HELP

The National Domestic Violence Hotline

24/7/265

PHONE: 1-800-799-7233

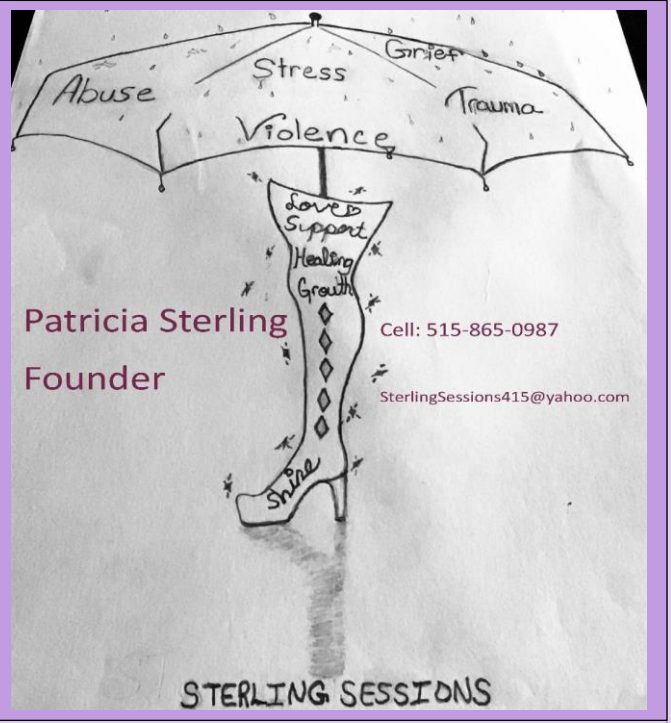
TTY: 1-800-787-3224

**ONLINE CHAT AVAILABLE – CHAT NOW
BUTTON**

HELP FOR FAMILY AND FRIENDS

Prayers for the abused/Oppressed

Luke 11:46, 17:2, 18:1-8, John 8: 1-11, Luke 8:43,
John 4:1-42 –Taken from restoredrelationships.org



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