VERBAL

- Name-calling
- Making crude remarks or put-downs
- Yelling and screaming
- Making threats or spreading rumors
- Gaslighting, a type of abuse that uses false statements to create doubt about reality

EXAMPLES
- The abuser constantly criticizes, insults, humiliates or even ignores her
- The abuser minimizes her experiences
- The abuser doesn’t support her or makes derogatory comments about the things she loves

WARNING SIGNS
- She appears to be on a “budget,” or not allowed to spend money without her abuser’s permission
- She isn’t allowed to work because her abuser wants her at home
- She always pays in cash, a potential sign that she is trying to keep her abuser from tracking her finances

WAYS TO HELP
- Acknowledge that she is in a very difficult and scary situation, and then be supportive and listen
- Be non-judgmental
- Encourage her to talk to people who can provide help and guidance

FINANCIAL

- Sabotaging employment opportunities
- Forbidding her from working
- Controlling how money is spent
- Denying direct access to bank accounts

EXAMPLES
- She has physical symptoms such as bruises, burns or bite marks
- She is afraid to disagree with her abuser
- She shows signs of depression
- She copes by abusing alcohol and/or drugs

WARNING SIGNS
- She has physical symptoms such as bruises, burns or bite marks
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WAYS TO HELP
- Help her make an exit plan
- Suggest that she document the situation
- Help her create an emergency fund
- Suggest that she establishes credit in her own name

PHYSICAL

- Punching, hitting or kicking
- Driving recklessly
- Using weapons
- Attempting to kill her
- Abusing children

EXAMPLES
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WARNING SIGNS
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WAYS TO HELP
- Be non-judgmental
- Continue to be supportive regardless of if she ends the relationship
- Encourage her to participate in activities outside of the relationship
- Help her develop a safety plan

For more information on domestic violence and how to Be Her First Step, visit [www.genesisshelter.org](http://www.genesisshelter.org).

If you or someone you know is in an abusive relationship, call our 24-hour hotline at [214.946.HELP (4357)](tel:214946HELP).
WARNING SIGNS

- Using shaming or belittling language
- Withholding affection or refusing to communicate at all
- Constantly criticizing
- Displaying passive-aggressive behavior

WAYS TO HELP

- Assure her that you believe her and that you take emotional abuse seriously
- Do not blame her or make excuses for her abuser
- Ask her how you can help
- She may not want to leave her partner, even if you think that is what’s best for her
- Respect her decisions and support her if she stays

EXAMPLES

- She displays a loss of confidence or cries often
- She cancels plans with friends and family or always brings her abuser along
- She is secretive about the relationship
- She seems disengaged with old habits

EXAMPLES

- Using religious texts or beliefs to minimize or rationalize abusive behaviors
- Preventing her from practicing her religious or spiritual beliefs
- Using religious or spiritual beliefs to manipulate or shame her
- Forcing children to be raised in a faith that she has not agreed to

WARNING SIGNS

- The abuser distorts standards of honor, respect and authority
- She is driven into submission through fear and shame
- The abuser maximizes her sins and weaknesses while minimizing their own sins and weaknesses

WAYS TO HELP

- Make her safety and her children’s’ safety top priority
- Hold the abuser accountable
- Listen to and believe her story
- Accompany her to court hearings

35% of women who are or have been married or in a common-law relationship have experienced emotional abuse.

Women in religious communities are...

less likely to leave violent marriages.

more likely to believe it is their fault.

BE HER FIRST STEP

Be her first step away from domestic violence by learning about it. Only then can you be a helping hand in addressing the many forms it takes.