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DOMESTIC ABUSE

What is domestic violence and abuse?

When people think of domestic abuse, they often focus on domestic violence, but domestic abuse includes any attempt by one person in an intimate relationship or marriage to dominate and control the other. Domestic violence and abuse are used for one purpose and one purpose only: to gain and maintain total control over you. An abuser doesn’t “play fair.” An abuser uses fear, guilt, shame, and intimidation to wear you down and keep you under their thumb. Domestic violence often occurs when the abuser believes that abuse is an entitlement, acceptable, justified, or unlikely to be reported. It may produce an intergenerational cycle of abuse Domestic violence often occurs when the abuser believes that abuse is an entitlement, acceptable, justified, or unlikely to be reported. It may produce an intergenerational Domestic violence and abuse can happen to anyone; it does not discriminate.

Abuse happens within heterosexual relationships and in same-sex partnerships. It occurs within all age ranges, ethnic backgrounds, and economic levels. And while women are more often victimized, men also experience abuse—especially verbal and emotional. The bottom line is that abusive behaviour is never acceptable, whether from a man, woman, teenager, or an older adult. You deserve to feel valued, respected, and safe.

Domestic abuse often escalates from threats and verbal assault to violence. And while physical injury may pose the most obvious danger, the emotional and psychological consequences of domestic abuse are also severe. Emotionally abusive relationships can destroy your self-worth, lead to anxiety and depression, and make you feel helpless and alone. No one should have to endure this kind of pain—and your first step to breaking free is recognizing that your relationship is abusive.

Despite what many people believe, domestic violence and abuse does not take place because of an abuser loses control over their behaviour. In fact, abusive behaviour and violence is a deliberate choice to gain control. Perpetrators use a variety of tactics to manipulate you and exert their power, including:

Dominance – Abusive individuals need to feel in charge of the relationship. They may make decisions for you and the family, tell you what to do, and expect you to obey without question. Your abuser may treat you like a servant, child, or even as their possession.

Humiliation – An abuser will do everything they can to lower your self-esteem or make you feel defective in some way. After all, if you believe you’re worthless and that no one else will want you, you’re less likely to leave. Insults, name-calling, shaming, and public put-downs are all weapons of abuse designed to erode your self-worth and make you feel powerless.

Isolation – In order to increase your dependence on them, an abusive partner will cut you off from the outside world. They may keep you from seeing family or friends, or even prevent you from going to work or school. You may have to ask permission to do anything, go anywhere, or see anyone.

Threats – Abusers commonly use threats to keep their partners from leaving or scare them into dropping charges. Your abuser may threaten to hurt or kill you, your children, other family members, or even pets. They may also threaten to commit suicide, file false charges against you, or report you to child services.

Intimidation – Your abuser may use a variety of intimidation tactics designed to scare you into submission. Such tactics include making threatening looks or gestures, smashing things in front of you, destroying property, hurting your pets, or putting weapons on display. The message behind these actions is that violent consequences will follow if you don’t obey.

Denial and blame – Abusers are adept at making excuses for the inexcusable. They may blame their abusive and violent behaviour on a bad childhood, a bad day, or even on you and the kids, the victims of their abuse. They may minimize the abuse or deny that it occurred. Often, they will shift the responsibility on to you: somehow, their violent and abusive behaviour is your fault.

Domestic violence is a major health problem that affects millions of people and often results in physical and emotional injuries even deaths.

WAYS TO STOP DOMESTIC ABUSE

Get Support:

If things are getting to hard it better to make a decision to leave the situation since the person is safe of rather talk to a friend which u trust.

Stay with family or friend:

Ask any of your family or friend maybe u can stay with them till you find the next step to make.

Know your worth:

If someone trying to intimidate you always remember that both of you are humans and no one above each other. Always be able to stand your ground and not to allow anyone push you around.