Domestic Abuse:
A closer look

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- Took Restored UK Domestic Abuse Awareness training
- Continue to participate in seminars & online events about domestic abuse

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- Continue to participate in seminars & online events about domestic abuse
- Have walked alongside several women both inside & outside of Emmanuel as they left their abusive marriages or as they navigate healing after abuse

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What makes behaviour abusive in a romantic relationship?

In an abusive relationship, one partner will have a **mentality** of entitlement and privilege and pursues their own self-interest by seeking to **control and dominate** the other through a **pattern** of coercive, controlling and punishing behaviours.

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Relationships as a spectrum

Healthy relationships	Unhealthy relationships	Abusive relationships
• **Equality**, mutual respect • Safe & happy • **Willing** to acknowledge sinfulness & apologise • Generally trying to support each other		

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Relationships as a spectrum

Healthy relationships

- **Equality**, mutual respect
- Safe & happy
- **Willing** to acknowledge sinfulness & apologise
- Generally trying to support each other

Unhealthy relationships

- Negative behaviours present
- Both people contributing to the conflict
- **Neither holding systemic dominance** over the other
- Both **willing to some extent** acknowledge sinfulness & apologise

Abusive relationships

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Relationships as a spectrum

Healthy relationships

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Abusive relationships

- Unhealthy behaviours of one partner is used to **exert power and control**
- One partner is left feeling **insecure & scared**, walking on eggshells
- Abusive partner has **no willingness** to truly acknowledge sinfulness and sincerely apologise

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What can abuse look like?

Different kinds of abuse:

- Physical & Sexual
- Emotional & Psychological
- Coercive Control
- Financial
- Spiritual

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Physical & Sexual

- Physically **threatening or intimidating** their partner
- Can include **hitting an object** near the victim or breaking items
- **Forced or unwanted sexual activity**, including rape

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Emotional & Psychological

- **Threatening to hurt themselves or others** if their partner doesn't do what they want them to do
- **Forcing compliance by threatening to report their partner** to police, social services or a mental health team

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Emotional & Psychological

- **Threatening to hurt themselves or others** if their partner doesn't do what they want them to do
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- **Crazy making:** creates an environment where the victim can never win no matter what

("Am I crazy?")

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Emotional & Psychological

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- **Forcing compliance by threatening to report their partner** to police, social services or a mental health team
- **Crazy making:** creates an environment where the victim can never win no matter what
- **Gaslighting:** targets the victim's perception of reality and makes them question their memory or judgement

("Am I crazy?")

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Coercive Control

- **Monitoring** how their partner spends their time or having strict rules about what they can or can't do
- **Controlling** what their partner can wear/where they can go
- **Depriving their partner basic needs:** food, sleep, medical care

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Financial Abuse

- **Controlling all household finances** and denying their partner a say in how money is used

- **Spending extravagantly on themselves** or people they are about, while seriously **limiting what their partner can spend** money on

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Spiritual Abuse

- Trying to **use the authority of the Bible or God to justify** their abusive behaviour

- **Accusing their partner of being bitter or ungodly** whenever they express hurt or point out the mistreatment they are experiencing

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Key red flags for those who are dating or concerned their relationship is becoming abusive?

- **Checks** your phone, email, social media **without your permission**
- **Puts you down frequently** or does things to purposely **embarrass** you
- **Isolates you** from your friends and family (physically, financially or emotionally) or from things you love to do

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- **Extreme jealousy** or **uncomfortable possessiveness**
- **Pressuring or forcing you** to have sex or perform sex acts
- **Explosive outbursts, temper or mood swings**
- **Unwilling to take ownership** of hurtful or unhealthy behaviour

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- **Unwilling to take ownership** of hurtful or unhealthy behaviour
- **Not respecting "No"**
- Feeling like you are **walking on eggshells** just to keep the peace

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Resources

- **Police** (999)- contact if there is immediate danger or serious safety concerns
- **National Domestic Abuse Helpline** – 0808.2000.248
- **More resources on your handout...**
- ***Is it Abuse*** **book**

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How to handle if someone discloses abuse

- **Believe** them!
- **Be careful** with communication
- Seek confidential **advice** from professionals

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Hope

Luke 4:18--

The Spirit of the Lord is on me, because he has anointed me to proclaim **good news** to the poor. He has sent me to proclaim **freedom** for the prisoners and **recovery** of sight for the blind, to **set the oppressed free**.

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God's heart is for the oppressed and abused!

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