



YOU HAVE THE RIGHT... TO A LIFE WITHOUT DOMESTIC VIOLENCE

NEWSLETTER

INSPIRA MENTAL HEALTH MANAGEMENT, INC.



Domestic violence occurs when one person uses force to inflict injury, either emotional or physical, upon another person they have, or had, a relationship with.

Are you Being Abused?

Does the person you love...

Threaten to hurt you or your children?

Yes No

Say it's your fault if he or she hits you, and then promises it won't happen again (but it does)?

Yes No

Put you down in public or keep you from contacting family or friends?

Yes No

Throw you down, push, hit, choke, kick, or slap you?

Yes No

Force you to have sex when you don't want to?

Yes No

Just one "yes" answer means you're involved in an abusive relationship. If so, you're not alone and you have choices. No one deserves to be abused.

This questionnaire was compiled from The Violence Against Women American College of Obstetricians and Gynecologist Website.

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Review your own behaviors honestly:
Do you hit, humiliate or try to control your couple?
YOU CAN STOP YOUR VIOLENT CONDUCT

What can you do when you are angry?

Do not act impulsively. Relax, calm down, step back, take a break, count to 10, breathe deeply, leave the room, or do something else that works for you like listening to music or going to a peaceful place. Have a positive self-talk about the situation.

Learn an anger-management strategy: The RETHINK model.

- 1 RECOGNIZE when you are angry.**
What makes you angry and how does your body let you know you are angry? Recognize when anger is a substitute for other emotions like fear, stress, shame, or fatigue.
- 2 EMPATHIZE with the other person's feelings.**
See the other person's point of view, step into the other person's shoes.
- 3 THINK about the situation differently.**
Anger results from how we interpret what someone else says or does. Think about the other person's motive; don't feed into it.
- 4 HEAR what the other person is saying.**
Repeat what you are hearing. Look into the person's eyes and try to hear what his or her actions are really saying to you. Let the person know you want to listen to what he or she has to say.
- 5 INTEGRATE respect and love with what you say.**
Express your annoyance positively, without blaming or humiliating your couple. "I" messages are a way of telling someone how you feel when they behave in a certain way and why you feel this way. (I feel angry when you call me a witch because it is so disrespectful.) Be franc when communicating your desires, but remember that in any instance you as your couple, has the right to say yes or no. Don't manipulate his/her decision making him/her feeling guilty of its inconvenience.
- 6 NOTICE your body's reactions when you are angry.**
Do you notice your body's reaction as you get angry? Learn how to calm yourself down (deep breathing, counting to 10, going for a walk, listening to music, drawing, reading, saying "I am calm" over and over) and notice how you calm yourself.
- 7 KEEP your attention on the present, not past problems.**
Do you know how to keep attention on the present event and its solutions? Don't bring up old grudges and wounds. Keep personalities out of the picture.

**Adapted from ActAgainstViolence.org*

Call us, we can help...

1-800-284-9515