

# Domestic Violence Awareness Month

**Last year in honor of Domestic Violence Awareness month, we looked at the signs & symptoms of physical abuse. This year we chose to look into equally devastating psychological abuse.**

## WHAT IS PSYCHOLOGICAL ABUSE?

Psychological abuse involves trauma to a victim caused by verbal abuse, acts, threats of acts, or coercive tactics. Perpetrators use psychological abuse to control, terrorize, and denigrate their victims. It frequently occurs prior to or concurrently with physical or sexual abuse.

## AM I BEING PSYCHOLOGICALLY ABUSED?

Does your partner:

- Threaten to harm you, your children, your family and/or your pets?
- Tell you are worthless and that no one else will ever love you?
- Isolate you from your friends and/or family?
- Control your behavior and monitor your movements and whereabouts?
- Tell you that you are crazy?
- Demean you in public or in private?
- Constantly criticize you?
- Blame you for everything that goes wrong?
- Stalk you?
- Cause you to feel guilt over things that are not your fault?
- Threaten to take away your children?

If so, your partner may be abusing you. For help, contact the National Domestic Violence Hotline 1-800-799-SAFE (7233), or visit [Domesticshelters.org](http://Domesticshelters.org) to access professional help.

Citation: NCADV. (2015). Facts about domestic violence and psychological abuse. Retrieved from [www.ncadv.org](http://www.ncadv.org)

**Your Aurora EAP is also here to help. You may call us confidentially, and at no cost to you. Reach us at 800.236.3231.**