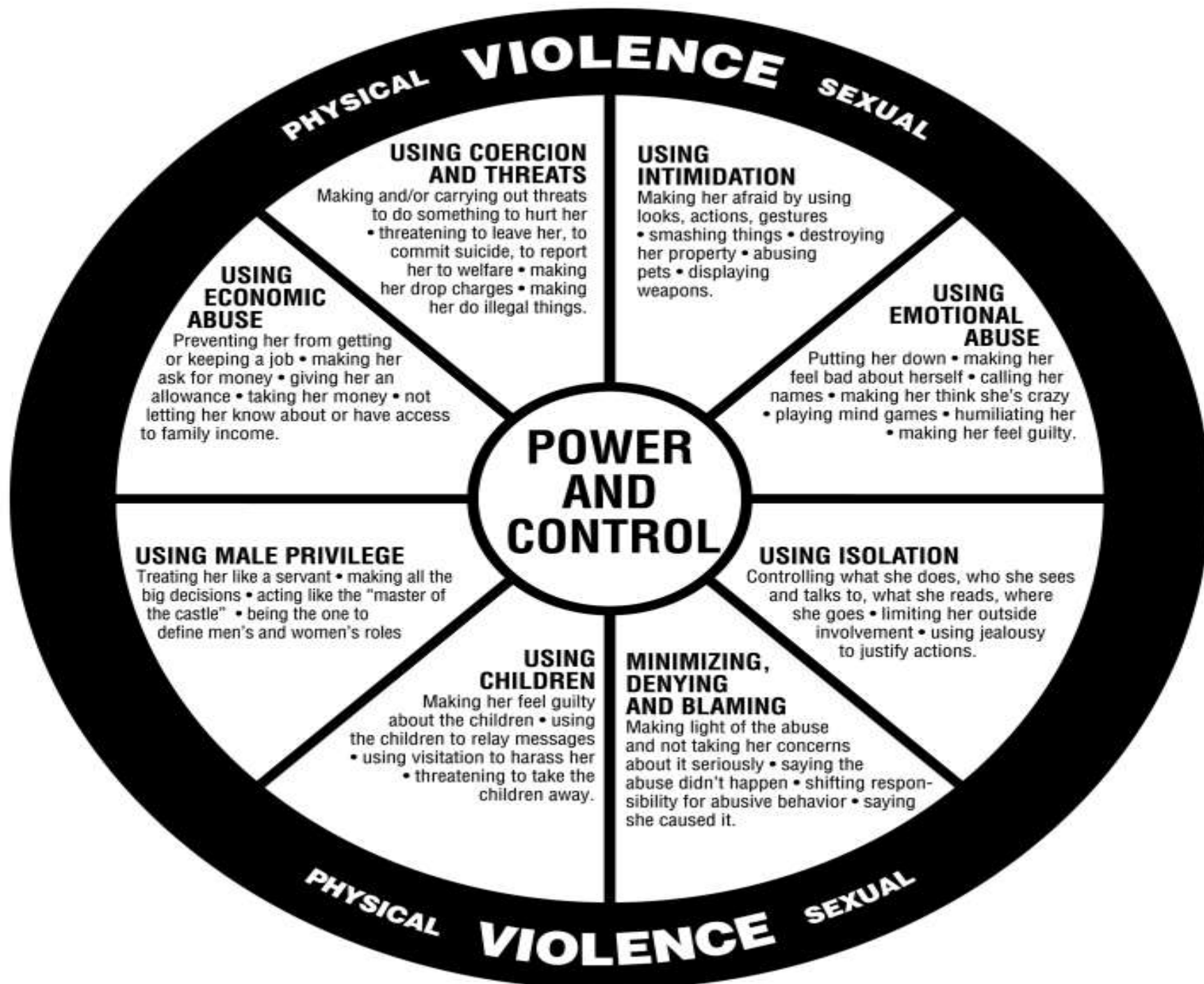


**LIFE AFTER DEATH:**

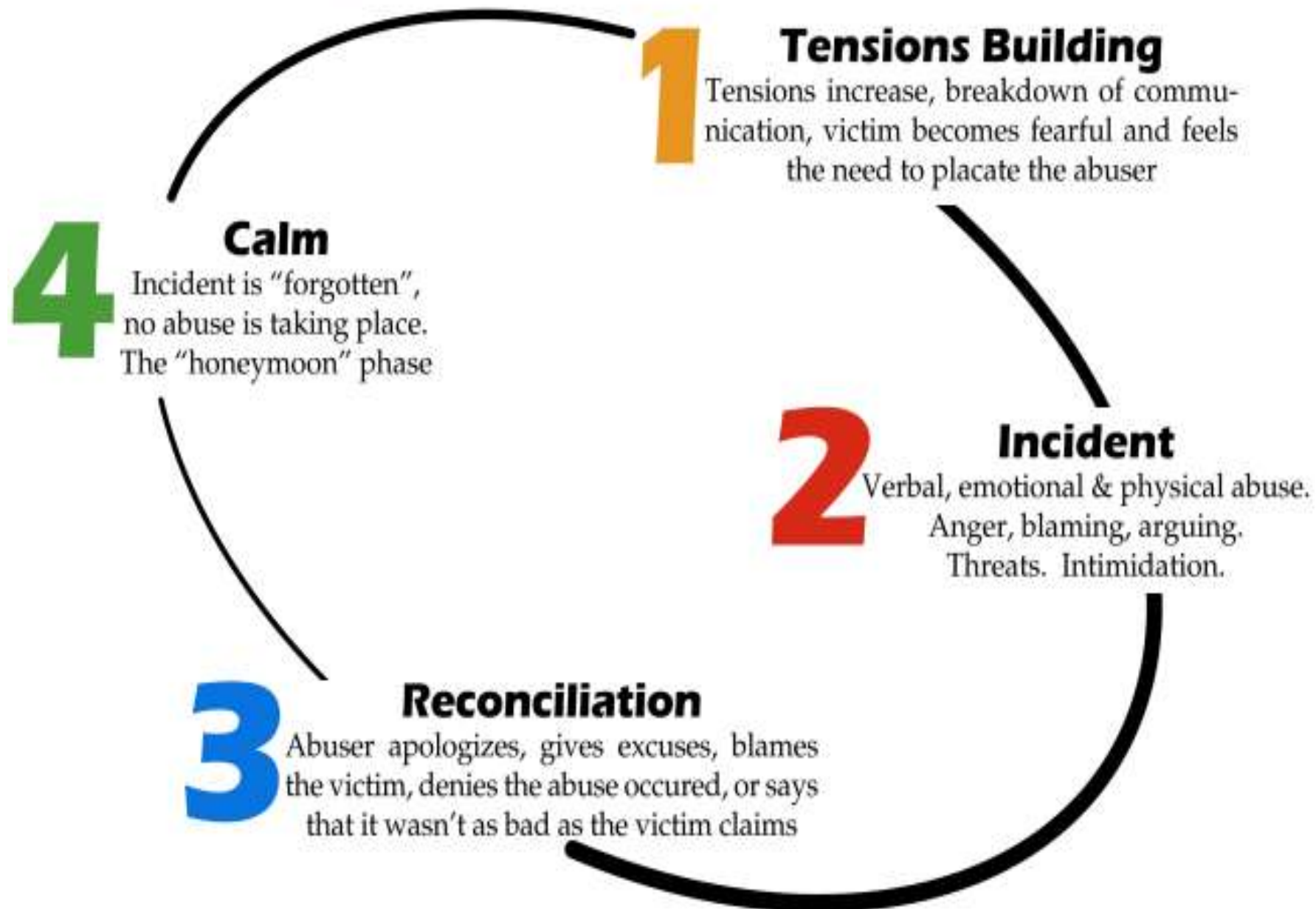
**OVERCOMING CHILDHOOD TRAUMA**

**PRESENTED BY:**  
**LATASHA WILLIAMS**

\*formerly Jackson-McDougle\*



# Cycle of Abuse



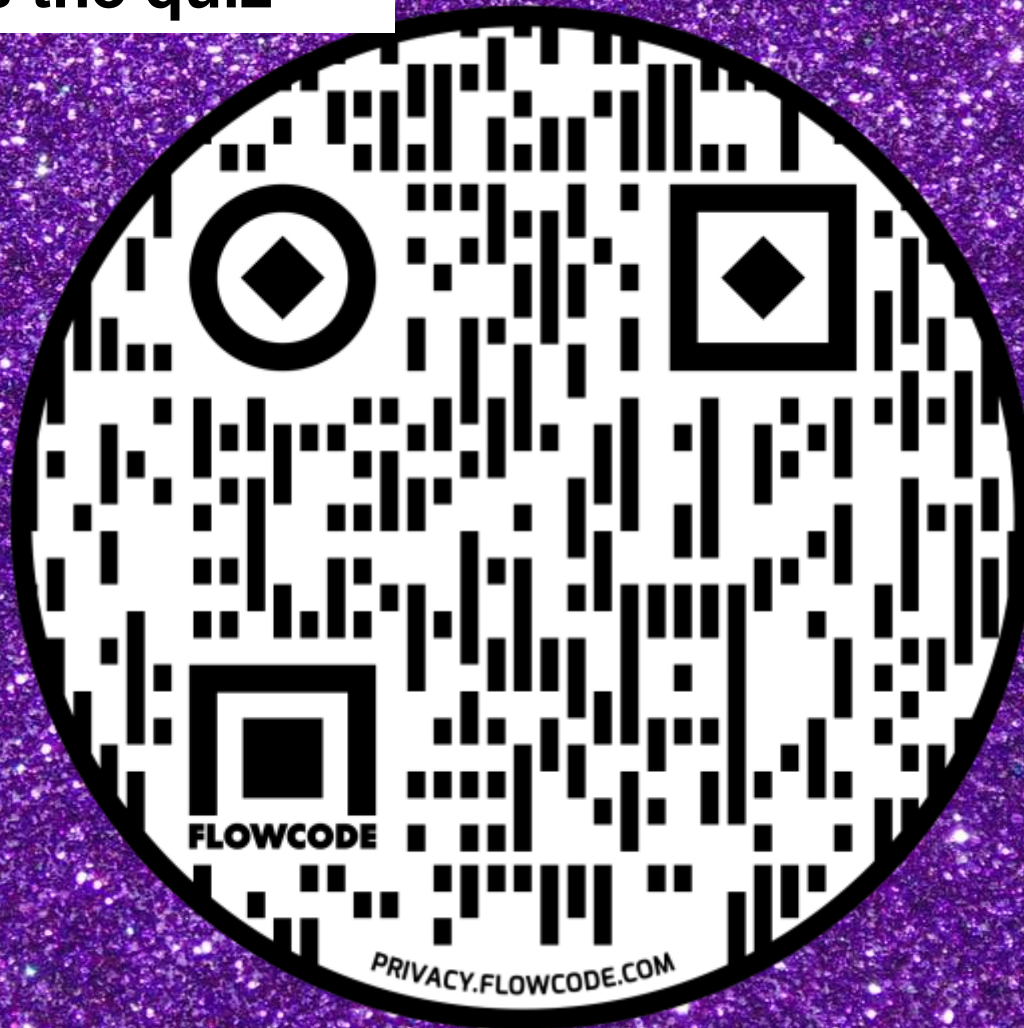


**Are you in a  
healthy  
relationship?**





Use your phone to  
access the quiz





# Now Let's Look At You!!!!

- The person I'm with...
  - 1) Is very supportive of things that I do.
  - 2) Encourages me to try new things.

# **Now Let's Look At You!!!!**

- The person I'm with...

**3) Likes to listen when I have something on my mind.**

**4) Understands that I have my own life too.**

# Now Let's Look At You!!!!

- The person I'm with...

5) Is not liked very well by my friends.

6) Says I'm too involved in different activities.



# Now Let's Look At You!!!!

- The person I'm with...

7) Texts me or calls me all the time.

8) Thinks I spend too much time trying to look nice.

# Now Let's Look At You!!!!

- The person I'm with...

9) Gets extremely jealous or possessive.

10) Accuses me of flirting or cheating.



# Now Let's Look At You!!!!

- The person I'm with...

11) Constantly checks up on me or makes me check in.

12) Controls what I wear or how I look.

# Now Let's Look At You!!!!

- The person I'm with...

13) Tries to control what I do and who I see.

14) Tries to keep me from seeing or talking to my family and friends.



# Now Let's Look At You!!!!

- The person I'm with...

15) Has big mood swings - gets angry and yells at me one minute, but is sweet and apologetic the next.

16) Puts me down, calls me names or criticizes me.

# Now Let's Look At You!!!!

- The person I'm with...

17) Makes me feel like I can't do anything right or blames me for problems.

18) Makes me feel like no one else would want me.



# Now Let's Look At You!!!!

- The person I'm with...

19) Threatens to hurt me, my friends or family.

20) Threatens to hurt him or herself because of me.

# Now Let's Look At You!!!!

- The person I'm with...

21) Threatens to destroy my things.

22) Makes me feel nervous or like I'm "walking on eggshells."

# Now Let's Look At You!!!!

- The person I'm with...

23) Grabs, pushes, shoves, chokes, punches, slaps, holds me down, throws things or hurts me in some way.

24) Breaks things or throws things to intimidate me.



# Now Let's Look At You!!!!

- The person I'm with...

25) Yells, screams or humiliates me in front of other people.

26) Pressures or forces me into having sex or going farther than I want to.

# Scoring

Give yourself **ONE** point for every **NO** you answered to **numbers 1-4**, **ONE** point for every **YES** response to **numbers 5-8** and **FIVE** points for every **YES** to numbers **9 and above**.

# Score: 0 Points

**You got a score of **zero**? Don't worry -- it's a good thing! It sounds like your relationship is on a pretty healthy track. Maintaining healthy relationships takes some work -- keep it up**



## Score: 1-2 Points

- If you scored one or two points, you might be noticing a couple of things in your relationship that are unhealthy, but it doesn't necessarily mean they are warning signs. It's still a good idea to keep an eye out and make sure there isn't an unhealthy pattern developing. The best thing to do is to talk to your partner and let them know what you like and don't like. Encourage them to do the same. Remember, communication is always important when building a healthy relationship. It's also good to be informed so you can recognize the different types of abuse.

## Score: 3-4 Points

If you scored three or four points, it sounds like you may be seeing some warning signs of an abusive relationship. Don't ignore these red flags.

Something that starts small can grow much worse over time. No relationship is perfect -- it takes work! But in a healthy relationship you won't find abusive behaviors.

# Score: 5 or More Points

If you scored five or points, you are definitely seeing warning signs and may be in an abusive relationship.



# Cheryl's Voice

## Mission & Vision:

- To be a voice for children who have suffered the loss of their parent(s) due to domestic homicide/suicide. These children will be encouraged to seek a promising future and break the cycle of Intimate Partner Violence and Teen dating violence. To educate on how to avoid repeating the cycle of abuse get out of abusive relationships as well as providing them with signs of abuse physically, mentally, and verbally. We also provide them with resources that they need to encourage them along their journey.

# Questions?



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