LIFE AFTER DEATH:

OVERCOMING CHILDHOOD TRAUMA

PRESENTED BY: LATASHA WILLIAMS

formerly Jackson-McDougle

PHYSICAL VIOLENCE SEXUAL

POWER

AND

CONTROL

USING COERCION AND THREATS

Making and/or carrying out threats to do something to hurt her threatening to leave her, to commit suicide, to report her to welfare . making her drop charges . making her do illegal things.

USING INTIMIDATION

Making her afraid by using looks, actions, gestures · smashing things · destroying her property . abusing pets . displaying weapons.

USING **EMOTIONAL** ABUSE

Putting her down . making her feel bad about herself . calling her names . making her think she's crazy · playing mind games · humiliating her · making her feel guilty.

USING **ECONOMIC** ABUSE

Preventing her from getting or keeping a job . making her ask for money . giving her an allowance . taking her money . not letting her know about or have access to family income.

USING MALE PRIVILEGE

Treating her like a servant . making all the big decisions . acting like the "master of the castle" . being the one to define men's and women's roles

USING CHILDREN

Making her feel guilty about the children . using the children to relay messages · using visitation to harass her . threatening to take the children away.

USING ISOLATION

Controlling what she does, who she sees and talks to, what she reads, where she goes . limiting her outside involvement • using jealousy to justify actions.

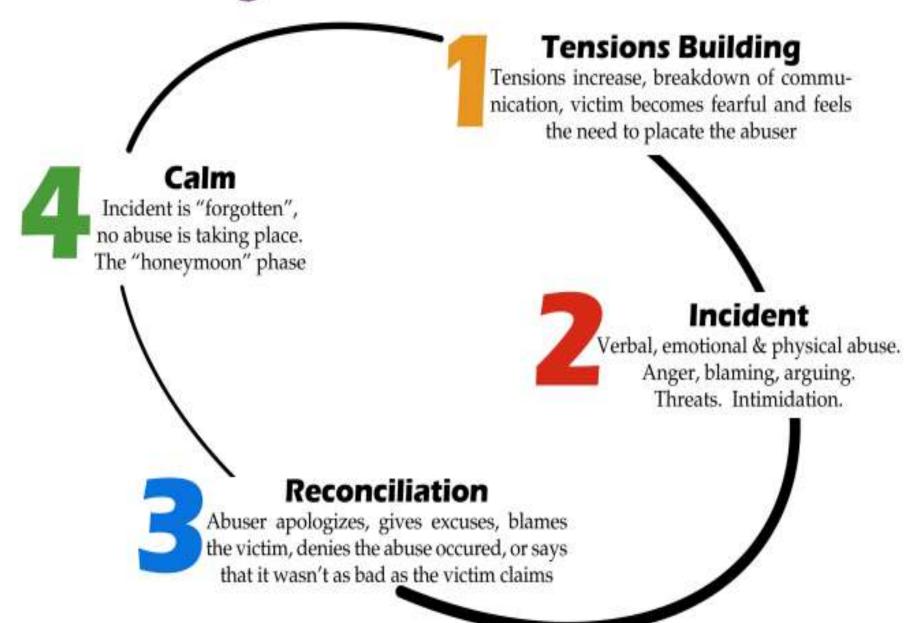
MINIMIZING. DENYING AND BLAMING

Making light of the abuse and not taking her concerns about it seriously . saving the abuse didn't happen . shifting responsibility for abusive behavior . saying she caused it.

PHYSICAL

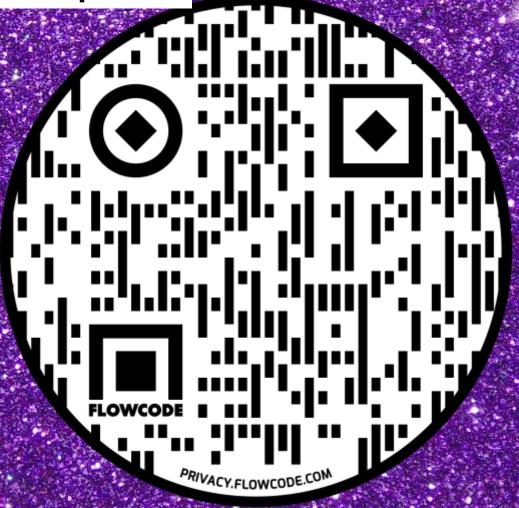
VIOLENCE SEXUAL

Cycle of Abuse





Use your phone to access the quiz





The person I'm with...

1) Is very supportive of things that I do.

2) Encourages me to try new things.

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.

The person I'm with...

5) Is not liked very well by my friends.

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

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.

The person I'm with...

9) Gets extremely jealous or possessive.

10) Accuses me of flirting or cheating.

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.

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.

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.

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.

The person I'm with...

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

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

The person I'm with...

21) Threatens to destroy my things.

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

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.

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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