

A Survival Guide to Domestic Violence and Steps for Change



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Empowerment 2014

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Educates • Prevents • Restores • Cultivates Community

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Katina Mickens, Founder

D.I.P. which is an acronym for Divine Intervention & Prevention is a not for profit 501(c)3 grassroots organization dedicated to supporting and educating men, women, children, and families on ways to intervene and prevent abuse. Domestic violence education has been our core objective since inception in 2008. The D.I.P. Foundation is spearheaded by Katina Mickens, a mother of three children, entrepreneur, published writer, licensed minister and philanthropist who has experienced the scourge of abuse in its many facets during course of her lifetime. An undying passion now emits from the founders essence to see all of our communities violence free. "Divine healing takes place when we get to the root that is causing the fruit of bad behavior," she says.

D.I.P. strives to meet the immediate needs of the diverse communities, victims of domestic violence and the needy families by providing emergency food, clothing, hygiene, & toiletries via the "Healing Hearts" Jacksonville emergency service campaign.

Domestic violence does more than inflict emotional and physical pain, and it's affects can often spill over into all aspects of a victim's life. "It also affects the lives of those around them at home, at work, at school, and the overall quality of life throughout communities nationwide. This is a season- long call for action. There is silence about this. This is something that is not talked about. It's probably one of the most under-reported things going on in America today.

Prayer of Victory

Father God, I thank You that Your peace surrounds my mind and spirit. God remove all the layers of hurt and pain from my past, I plead the blood of Jesus over every treasonous relationship, violation of trust, false allegiance, part-time friendship, or breach in covenant set against me. I cast my cares on You, Jesus because I know You care for me. Create in me a clean heart and renew a right spirit within me. I renounce the things that are after the flesh. Let my inner man receive and be fed from Your light so that darkness will not fill my heart. No weapons formed against me shall prosper. God I thank You for connecting me with people who are like-minded, walk in harmony, and love Jesus.

Your Word is a lamp to my feet and a light to my path. Your Word revives me and gives me life. My mental faculties are trained by practice to discriminate and distinguish between what is morally good and noble and what is evil or contrary to divine law.

My body is the temple of the Holy Ghost. I will not suffer from panic attacks, anxiety, or restlessness. I am settled in my soul that what Jesus has for me ...is for me! My belly is filled with the treasures of the Lord. Everything that You of me, You will supply unto me the power to accomplish it in the name of Jesus. Heavenly Father, I thank You for helping me to pray prayers that bring results and avail much. It is settled in the heavens forever, in Jesus name I pray.

Mission: Changing lives for some, saving lives for others. While leading victims to a place of healing and restoration by their own choice. Using the living word of God as our source.

Services

- Emergency Food, Clothing, & Hygiene assistance
- Awareness Events
- Educational presentations or training for your church, civic, social and professional groups.
- Support groups

Programs



Healing Hearts

Provides daily needs services of food, clothing, & hygiene products.



C.H.A.N.G.E.

Connection Humility Accountability New-Nature Gratefulness Endurance

A six week program designed to prevent participants ages 12 and up from becoming victims or abusers. C.H.A.N.G.E. helps participants to develop a new self-concept, values, goals, and behavior. Recommended use: Crime prevention, At-risk teens, Reduce recidivism, Domestic violence intervention & prevention, Reconciling relationships.

Road to Resilience

Change your thinking; Change your life

Educational course for men and women seeking to end abusive behavior in their relationship. The program encourages the participants to become accountable to those who have been hurt through the use of violence, by encouraging the acknowledgment of abuse and accepting responsibility for it's impact on their partner and others. Road to Resilience is designed to address tactics of power and control.

Journey to Cadence

Anger & Conflict Resolution Intervention Course

Anger is a completely normal, usually healthy, human emotion. But when it gets out of control and turns destructive, it can lead to problems—problems at work, in your personal relationships, and in the overall quality of your life. And it can make you feel as though you're at the mercy of an unpredictable and powerful emotion Journey to Cadence will help participants understand, control, and resolve anger by developing a range of techniques for changing your thinking and your behavior.

Renaissance

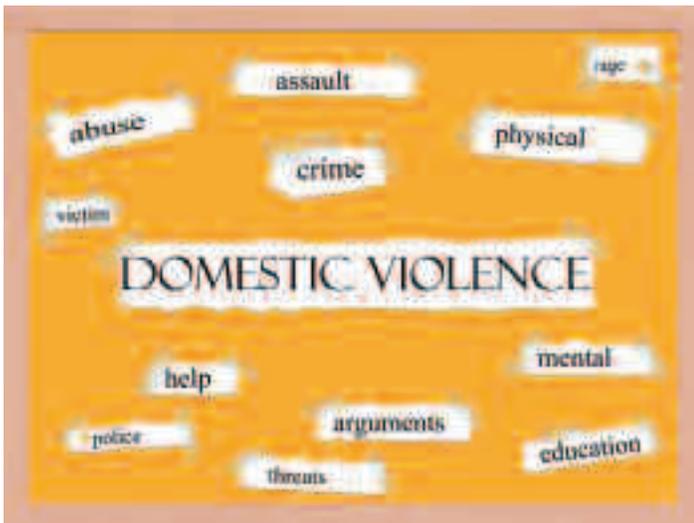
Enlighten hearts, stirs minds, and diffuses new ideas

Motivates and teach participants the importance of possessing a kingdom mentality and the value of leading a holistic Christian lifestyle. Domestic violence and abuse can happen to anyone, yet the problem is often overlooked, excused, or denied. This is especially true when the abuse is psychological, rather than physical. Noticing and acknowledging the signs of an abusive relationship is the first step to ending it. No one should live in fear of the person they love. If you recognize yourself or someone you know in the following warning signs and descriptions of abuse, reach out. There is help available.

Volunteers

Volunteers are an integral part of our mission: we could not do the work that we do without help from our volunteers.

Build Your Skills: Volunteering at D.I.P. Foundation is an incredible opportunity to build or develop your skill set. Our volunteers and staff come from diverse backgrounds and are eager to share their specialized knowledge and experience. D.I.P. Foundation volunteers help us provide support, prevent violence, and promote justice for victims of crime and abuse, their families and communities. Our volunteer opportunities range from one-day projects to long-term commitments. Our volunteers come from diverse backgrounds and bring a wide array of skills to D.I.P. Foundation. We will help you find a volunteer position that suits your interests and schedule. Email: Info@dipfoundation.org Phone: 904 438-4347



Domestic violence and abuse are used for one purpose and one purpose only: to gain and maintain total control over you. *An abuser doesn't "play fair."* Abusers use fear, guilt, shame, and intimidation to wear you down and keep you under his or her thumb. Your abuser may also threaten you, hurt you, or hurt those around you.

Domestic violence is a pattern of coercive, controlling behavior that escalates in severity and danger over time. Domestic violence can include physical, emotional, psychological, sexual, financial, or spiritual abuse. Domestic violence and abuse does not discriminate. It happens among heterosexual couples and in same-sex partnerships. It occurs within all age ranges, ethnic backgrounds, and economic levels. And while women are more commonly victimized, men are also abused—especially verbally and emotionally, although sometimes even physically as well.



Get The Facts

- Domestic violence is a pervasive crime affecting millions of individuals across our nation regardless of age, economic status, race, religion or education.
- 1 in 4 women will be the victim of domestic violence at some point in her lifetime. Men are also victims of domestic violence, as are couples in same-sex relationships.
- Domestic violence not only severely impacts victims and their families, but also results in huge financial costs that affect our entire society.
- Women are at an increased risk of harm shortly after separation from an abusive partner. A victim's risk of getting killed greatly increases when in the process or shortly after leaving. On average, 4 women are killed by a current or former partner every day.
- Children are particularly vulnerable as both victims and witnesses to domestic violence. Children exposed to violence are more likely to attempt suicide, abuse drugs, and run away from home. Men exposed to domestic violence as children are twice as likely to abuse their own partners and children when they become adults.

Celebrities can also be victims of abuse.

- Dimpy Ganguli - physical abuse
- Aishwarya Rai Bachchan - physical abuse
- Whitney Houston - physical abuse
- Mariah Carey- Verbal abuse
- Rhianna - physical abuse
- Oprah - physical abuse

"Love doesn't hurt...and if a man hits you once, he will hit you again. I don't care what his plea is; he will hit you again."

~ Oprah



"Abusive behavior is never acceptable, whether it's coming from a man, a woman, a teenager, or an older adult. You deserve to feel valued, respected, and safe."

There are six things you can do if you think someone you know is experiencing domestic violence:

1. Call the police if you see or hear violence in progress.
2. Learn about domestic violence services in your community like those provided by D.I.P. Foundation Inc. (www.Dipfoundation.org).
3. Give time, resources or money. Distribute domestic violence awareness materials at your workplace, school, or church. Arrange for informational and educational presentations or training for your church, civic, social and professional groups.
4. If you have a friend or co-worker who is afraid of his or her partner or who is being hurt, offer your support and refer them to The DIP Foundation.
5. Model a respectful attitude toward your spouse in your home, with your family, and in your workplace. Avoid behaviors that demean or control others.
6. Build support among your colleagues and neighbors that abusive behavior and language is not tolerated in your neighborhood.

Recognizing abuse is the first step to getting help

Domestic abuse often escalates from threats and verbal abuse to violence. And while physical injury may be the most obvious danger, the emotional and psychological consequences of domestic abuse are also severe. Emotionally abusive relationships can destroy your self-worth, lead to anxiety and depression, and make you feel helpless and alone. No one should have to endure this kind of pain—and your first step to breaking free is recognizing that your situation is abusive. Once you acknowledge the reality of the abusive situation, then you can get the help you need.

Signs of an abusive relationship

There are many signs of an abusive relationship. The most telling sign is fear of your partner. If you feel like you have to walk on eggshells around your partner—constantly watching what you say and do in order to avoid a blow-up—chances are your relationship is unhealthy and abusive. Other signs that you may be in an abusive relationship include a partner who belittles you or tries to control you, and feelings of self-loathing, helplessness, and desperation.

Signs That You Are In An Abusive Relationship

To determine whether your relationship is abusive, answer the questions below.
The more “yes” answers, the more likely it is that you’re in an abusive relationship.

Your Inner Thoughts and Feelings Your Partner’s Belittling Behavior

Do you...

- feel afraid of your partner much of the time?

Does your partner...

- humiliate or yell at you?
 avoid certain topics out of fear of angering your partner?
 criticize you and put you down?
 feel that you can’t do anything right for your partner?
 treat you so badly that you’re embarrassed for your friends or family to see?
 believe that you deserve to be hurt or mistreated?
 ignore or put down your opinions or accomplishments?
 wonder if you’re the one who is crazy?
 blame you for their own abusive behavior?
 feel emotionally numb or helpless?
 see you as property or a sex object, rather than as a person?

Your Partner’s Violent Behavior or Threats Your Partner’s Controlling Behavior

Does your partner...

- have a bad and unpredictable temper?

Does your partner...

- act excessively jealous and possessive?
 hurt you, or threaten to hurt or kill you?
 control where you go or what you do?
 threaten to take your children away or harm them?
 keep you from seeing your friends or family?
 threaten to commit suicide if you leave?
 limit your access to money, the phone, or the car?
 force you to have sex?
 destroy your belongings?
 constantly check up on you?



Physical Abuse and Domestic Violence

When people talk about domestic violence, they are often referring to the physical abuse of a spouse or intimate partner. Physical abuse is the use of physical force against someone in a way that injures or endangers that person. Physical assault or battering is a crime, whether it occurs inside or outside of the family. The police have the power and authority to protect you from physical attack.

Sexual Abuse is a Form of Physical Abuse

Any situation in which you are forced to participate in unwanted, unsafe, or degrading sexual activity is sexual abuse. Forced sex, even by a spouse or intimate partner with whom you also have consensual sex, is an act of aggression and violence. Furthermore, people whose partners abuse them physically and sexually are at a higher risk of being seriously injured or killed.

It Is Still Abuse If . . .

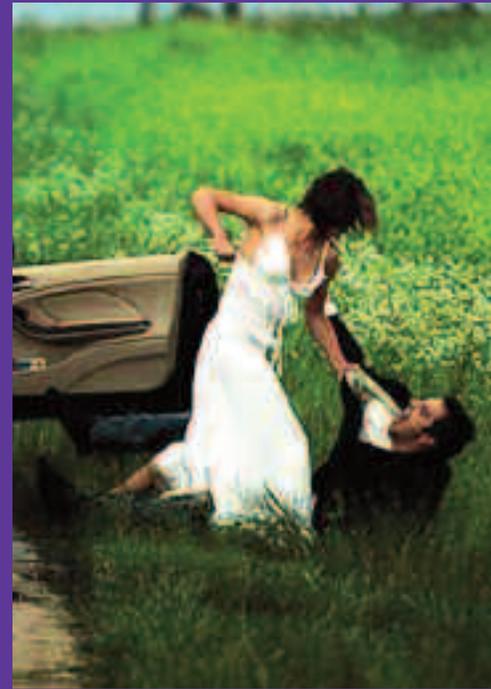
The incidents of physical abuse seem minor when compared to those you have read about, seen on television or heard other women talk about. There isn't a "better" or "worse" form of physical abuse; you can be severely injured as a result of being pushed, for example.

The incidents of physical abuse have only occurred one or two times in the relationship. Studies indicate that if your spouse/partner has injured you once, it is likely he will continue to physically assault you.

The physical assaults stopped when you became passive and gave up your right to express yourself as you desire, to move about freely and see others, and to make decisions. It is not a victory if you have to give up your rights as a person and a partner in exchange for not being assaulted!

There has not been any physical violence. Many women are emotionally and verbally assaulted. This can be as equally frightening and is often more confusing to try to understand. *Emotional Abuse: It's a bigger problem than you think!*

When people think of domestic abuse, they often picture battered women who have been physically assaulted. But not all abusive relationships involve violence. Just because you're not battered and bruised doesn't mean you're not being abused. Many men and women suffer from emotional abuse, which is no less destructive. Unfortunately, emotional abuse is often minimized or overlooked—even by the person being abused.



Understanding Emotional Abuse

The aim of emotional abuse is to chip away at your feelings of self-worth and independence. If you're the victim of emotional abuse, you may feel that there is no way out of the relationship or that without your abusive partner you have nothing.

Emotional abuse includes verbal abuse such as yelling, name-calling, blaming, and shaming. Isolation, intimidation, and controlling behavior also fall under emotional abuse. Additionally, abusers who use emotional or psychological abuse often throw in threats of physical violence or other repercussions if you don't do what they want.

You may think that physical abuse is far worse than emotional abuse, since physical violence can send you to the hospital and leave you with scars. But, the scars of emotional abuse are very real, and they run deep. In fact, emotional abuse can be just as damaging as physical abuse—sometimes even more so.

Economic or financial abuse: A subtle form of emotional abuse

Remember, an abuser's goal is to control you, and he or she will frequently use money to do so. Economic or financial abuse includes:

- Rigidly controlling your finances.
- Withholding money or credit cards.
- Making you account for every penny you spend.
- Withholding basic necessities (*food, clothes, medications, shelter*).
- Restricting you to an allowance.
- Preventing you from working or choosing your own career.
- Sabotaging your job (*making you miss work, calling constantly*).
- Stealing from you or taking your money.

Violent and abusive behavior is the Abuser's Choice

Despite what many people believe, domestic violence and abuse is not due to the abuser's loss of control over his or her behavior. In fact, abusive behavior and violence is a deliberate choice made by the abuser in order to control you. Abusers use a variety of tactics to manipulate you and exert their power:

Dominance – Abusive individuals need to feel in charge of the relationship. They will make decisions for you and the family, tell you what to do, and expect you to obey without question. Your abuser may treat you like a servant, child, or even as his or her possession.

Humiliation – An abuser will do everything he or she can to make you feel bad about yourself or defective in some way. After all, if you believe you're worthless and that no one else will want you, you're less likely to leave. Insults, name-calling, shaming, and public put-downs are all weapons of abuse designed to erode your self-esteem and make you feel powerless.

Isolation – In order to increase your dependence on him or her, an abusive partner will cut you off from the outside world. He or she may keep you from seeing family or friends, or even prevent you from going to work or school. You may have to ask permission to do anything, go anywhere, or see anyone.

Threats – Abusers commonly use threats to keep their partners from leaving or to scare them into dropping charges. Your abuser may threaten to hurt or kill you, your children, other family members, or even pets. He or she may also threaten to commit suicide, file false charges against you, or report you to child services.

Intimidation – Your abuser may use a variety of intimidation tactics designed to scare you into submission. Such tactics include making threatening looks or gestures, smashing things in front of you, destroying property, hurting your pets, or putting weapons on display. The clear message is that if you don't obey, there will be violent consequences.

Denial and blame – Abusers are very good at making excuses for the inexcusable. They will blame their abusive and violent behavior on a bad childhood, a bad day, and even on the victims of their abuse. Your abusive partner may minimize the abuse or deny that it occurred. He or she will commonly shift the responsibility on to you: Somehow, his or her violent and abusive behavior is your fault.

Abusers are able to control their behavior—they do it all the time.

Abusers pick and choose whom to abuse. They don't insult, threaten, or assault everyone in their life who gives them grief. Usually, they save their abuse for the people closest to them, the ones they claim to love.

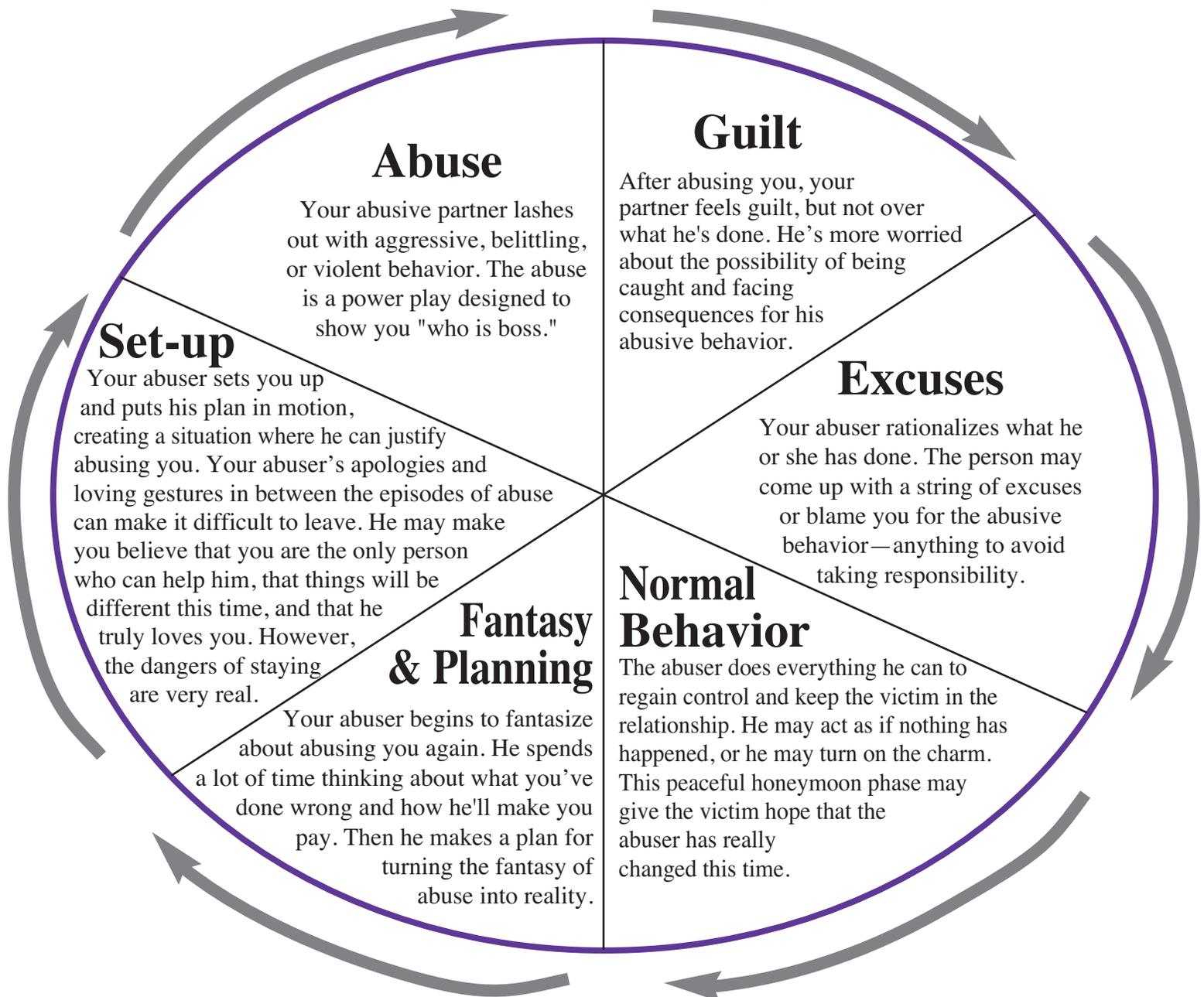
Abusers carefully choose when and where to abuse. They control themselves until no one else is around to see their abusive behavior. They may act like everything is fine in public, but lash out instantly as soon as you're alone.

Abusers are able to stop their abusive behavior when it benefits them. Most abusers are not out of control. In fact, they're able to immediately stop their abusive behavior when it's to their advantage to do so (for example, when the police show up or their boss calls).

Violent abusers usually direct their blows where they won't show. Rather than acting out in a mindless rage, many physically violent abusers carefully aim their kicks and punches where the bruises and marks won't show.

The cycle of violence in domestic abuse

Domestic abuse falls into a common pattern, or cycle of violence:



The Full Cycle of Domestic Violence: An Example

A man abuses his partner. After he hits her, he experiences self-directed guilt. He says, "I'm sorry for hurting you." What he does not say is, "Because I might get caught." He then rationalizes his behavior by saying that his partner is having an affair with someone. He tells her "If you weren't such a worthless whore I wouldn't have to hit you." He then acts contrite, reassuring her that he will not hurt her again. He then fantasizes and reflects on past abuse and how he will hurt her again. He plans on telling her to go to the store to get some groceries. What he withholds from her is that she has a certain amount of time to do the shopping. When she is held up in traffic and is a few minutes late, he feels completely justified in assaulting her because "you're having an affair with the store clerk." He has just set her up.

Recognizing the warning signs of domestic violence and abuse

It's impossible to know with certainty what goes on behind closed doors, but there are some telltale signs and symptoms of emotional abuse and domestic violence. If you witness any warning signs of abuse in a friend, family member, or co-worker, take them very seriously.

GENERAL WARNING SIGNS OF DOMESTIC ABUSE

People who are being abused may:

- Seem afraid or anxious to please their partner
- Go along with everything their partner says and does
- Check in often with their partner to report where they are and what they're doing
- Receive frequent, harassing phone calls from their partner
- Talk about their partner's temper, jealousy, or possessiveness
- Warning signs of physical violence

People who are being physically abused may:

- Have frequent injuries, with the excuse of "accidents"
- Frequently miss work, school, or social occasions, without explanation
- Dress in clothing designed to hide bruises or scars (e.g. wearing long sleeves in the summer or sunglasses indoors)
- Warning signs of isolation

People who are being isolated by their abuser may:

- Be restricted from seeing family and friends
- Rarely go out in public without their partner
- Have limited access to money, credit cards, or the car
- The psychological warning signs of abuse

People who are being abused may:

- Have very low self-esteem, even if they used to be confident
- Show major personality changes (e.g. an outgoing person becomes withdrawn)
- Be depressed, anxious, or suicidal
- Speak up if you suspect domestic violence or abuse

If you suspect that someone you know is being abused, speak up! If you're hesitating—telling yourself that it's none of your business, you might be wrong, or the person might not want to talk about it—keep in mind that expressing your concern will let the person know that you care and may even save his or her life.

Do's and Don'ts

DO:

- Ask if something is wrong
- Express concern
- Listen and validate
- Offer help
- Support his or her decisions

DON'T:

- Wait for him or her to come to you
- Judge or blame
- Pressure him or her
- Give advice
- Place conditions on your support

Talk to the person in private and let him or her know that you're concerned. Point out the things you've noticed that make you worried. Tell the person that you're there, whenever he or she feels ready to talk. Reassure the person that you'll keep whatever is said between the two of you, and let him or her know that you'll help in any way you can.

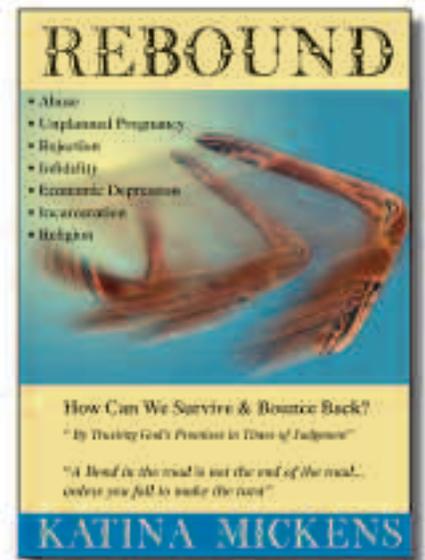
Remember, abusers are very good at controlling and manipulating their victims. People who have been emotionally abused or battered are depressed, drained, scared, ashamed, and confused. They need help to get out, yet they've often been isolated from their family and friends. By picking up on the warning signs and offering support, you can help them escape an abusive situation and begin healing.



Channel 4 News Journalist
Kumasi Aaron & London Jenkins
(D.I.P) awareness cheerleader

NEXT STEP...

Getting out of an abusive relationship. Do you want to leave an abusive situation, but stay out of fear of what your partner might do? While leaving isn't easy, there are things you can do to protect yourself. You're not alone, and help is available. (904) 438-4DIP

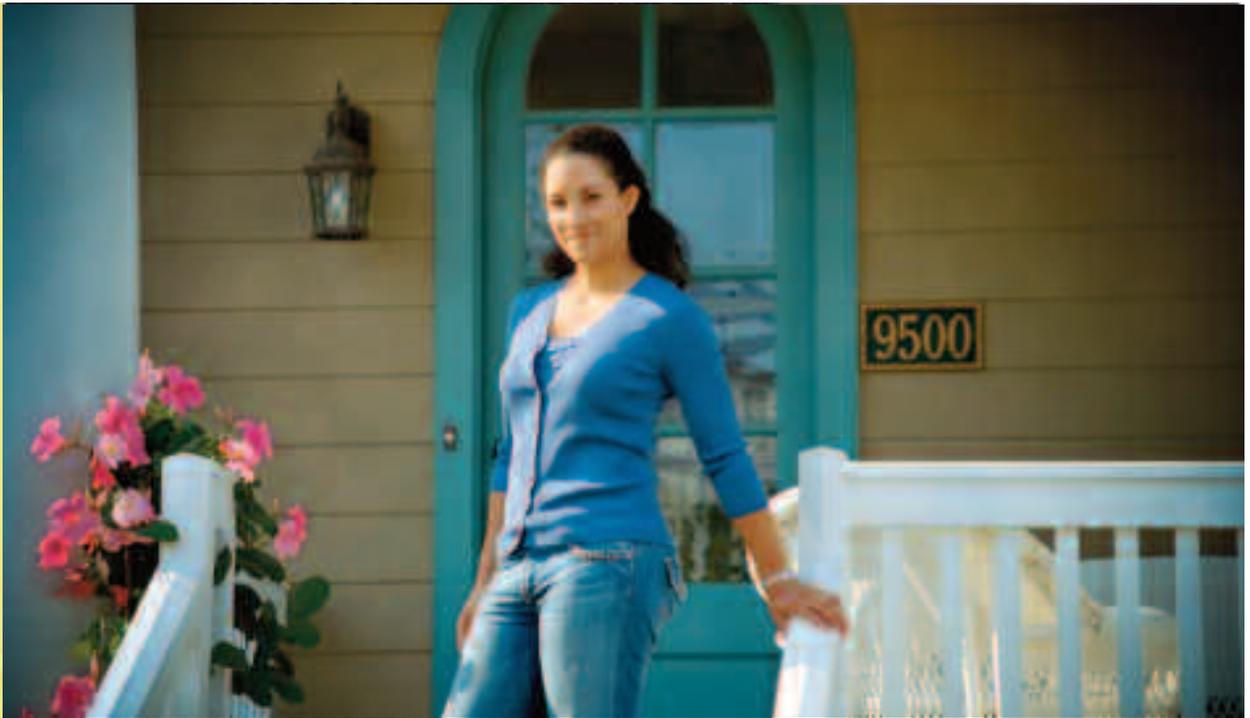


P.K. Mickens &
WJXT4 Jennifer Waugh



Road to Resilience

A Way of Escape



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"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all troubles, so that we can comfort those in any trouble with the comfort we have received ourselves from God." II Corinthians 1:3-4



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