



CONTACT THE
FAMILY GUIDANCE
CENTER AT
828-322-1400

#17 Hwy 70 SE
HICKORY, NC 28602
FGCSERVICES.COM



Spotlight On Domestic Violence

*First Step Newsletter
A Program of
The Family Guidance Center*

THE MISSION OF FAMILY GUIDANCE CENTER'S FIRST STEP DOMESTIC VIOLENCE PROGRAM IS TO PROVIDE NEEDED SERVICES TO VICTIMS OF DOMESTIC VIOLENCE AND TO INCREASE THE COMMUNITY'S AWARENESS ABOUT THE PROBLEM.

Are You A Victim Of Emotional Abuse?

Physical abuse is visible – a black eye, bruises, a broken arm – **but emotional abuse is a covert form of domestic violence** and many don't recognize that they are a victim. They may know that something is wrong, feel stressed out, anxious, or depressed, but can't quite identify what's causing these feelings. If your partner's words or behavior have caused any of these feelings, you may be a victim of emotional abuse:



- * Isolation from others, you rarely see friends and family.
- * Excessive dependence on him/her.
- * You constantly think about saying or doing the right thing so that your partner doesn't get upset.
- * You live in the moment, unable to plan ahead because you fear your partner's response to any plans or ideas you have. Any action you take is criticized unless it is one of compliance to his/her desires.
- * You feel as if you don't have the energy it would take to fight back against their controlling behavior. You doubt your ability to stand-up and speak your own mind and express your own opinions.
- * You feel a sense of depression and anxiety most of the time.
- * You feel as if anything you do or say will be met with anger or dismissal. Your feelings and desires just don't seem to matter to your partner.

Should this sound like you, we can help. Call 828-322-1400 for more information.

Think About It!

Marilyn* requested personal counseling from our Individual and Family Counseling Program. When the Counselor asked what prompted her to seek counseling, she responded, "I don't know what's wrong with me. I feel depressed, I never do anything right. I'm a failure as a wife. I want you to tell me how to make my husband happy."

As they talked, the Counselor learned that Marilyn didn't work because her husband told her that it was his job to take care of her. She said she'd rather work so she could have her own money. "He's very frugal with me, but he doesn't mind spending money on his expensive toys. When I told him I needed a new phone, he said I didn't 'cause mine was good enough for me. He makes me feel like I'm not worth much", she said. "I know he doesn't mean it that way, but that's how I feel."

"Have you told him how you feel?" asked the Counselor. "Yes, but he just says I'm being silly or too sensitive," she said. "Sometimes he just gets mad and won't talk to me. That 's the worst, and I hate it when he won't talk to me."

The Counselor said, "It sounds like he's abusive to you." "Oh, no", she said, "he doesn't hit or slap me, he's just self-centered."

Do you think Marilyn's husband is abusive?

*name changed

Emotional abuse is used to control, degrade, humiliate, and punish an intimate partner.

Short-term Effects of Emotional Abuse

Victims of emotional abuse are often surprised to find themselves in a relationship that causes them so much stress. It wasn't this way in the beginning; they're confused and wonder how this happened. Many emotional abusers don't begin their psychological tactics until they're well into the relationship. Unfortunately, the short-term effects are significant and include:

- * Surprise and confusion
- * Questioning of one's own memory, "Did that really happen?"
- * Anxiety or fear; hypervigilance
- * Shame or guilt
- * Aggression (as a defense to the abuse)
- * Becoming overly passive or compliant
- * Frequent crying
- * Avoidance of eye contact
- * Feeling powerless and defeated as nothing you do ever seems to be right (learned helplessness)
- * Feeling like you're "walking on eggshells"
- * Feeling manipulated, used and controlled
- * Feeling undesirable



Home Buyer Education Workshop

Monday, Tuesday & Thursday
May 15th, 16th & 18th
6:00 – 9:00 p.m.
First Presbyterian Church
237 2nd St. NW, Hickory, NC

Presented by :
Consumer Credit Counseling Services
First Citizens Bank

Tactics Used by An Emotional Abuser



1. Isolating a partner from friends and family.
2. Discourage any independent activities such as work, taking classes or activities with friends.
3. Accuse their partner of being unfaithful if she/he talks to a member of the opposite sex.
4. Expect her/him to partake in sexual activities that he/she is uncomfortable with to prove their love. Or, withhold sex as punishment instead of communicating openly their displeasure.
5. Constantly criticize the partner's weight, their looks, the way they dress.
6. If the partner does not give into the control, they are threatened, harassed, punished and intimidated by the abuser.
7. Uses the children to gain control by undermining the other parent's authority or threatening to leave and take the children.
8. Control all the financial decisions, refuse to listen to their partner's opinion, withhold important financial information and make their partner live on limited resources.
9. Make all major decisions such as where to live, how to furnish the home and what type of automobile to drive.

Emotionally abused victims often think they're "going crazy"

You Made a Difference



Thank you!

Thank you to...

Catawba County's Maintenance Department for giving the agency a much needed face lift

Catholic Conference Center for always sharing with us

Barbara Benfield

Caldwell Appliance

REMEMBER
How safe you felt in your mother's arms?

Show her you remember. Give a gift in her honor or memory to keep another mother safe in our Shelter for Battered Women.

We'll send her a card acknowledging your gift.

Go to www.fgcservices.com click the Donate button or send a check to Family Guidance Center.



“LIKE” us on Facebook to keep up with FGC news, facts and information.

**If you have experienced domestic violence and need HELP, call us at 828-322-1400
Crisis line 828-228-1787**

Farewell Tina

We're sad to say farewell to our long-time Thrift Store Manager, Tina Light. She did an awesome job! We miss her and wish her the best in her new pursuit!

The Purple Ribbon

Come shop The Purple Ribbon and help stop Domestic Violence!

You'll find LOTS of great deals at The Purple Ribbon Thrift Store!

