

## What constitutes a healthy relationship?

- Seeking mutually satisfying resolutions to conflict.
- Discussing problems and accepting change.
- Being willing to compromise.
- Being emotionally affirming, valuing opinions.
- Respecting each other's rights to feelings, friends, activities, and opinions.
- Shared responsibility - mutual agreement of fair distribution of work.
- Making decisions together.
- Mutual respect.
- Honesty and accountability.
- Trust and support.
- Non threatening behaviour.
- Responsible parenting - being a positive role model for children.
- Economic partnership, making financial decisions together where both benefit.

## Helpful Phone Numbers?

### 24 Hour Helplines

Womens Domestic Violence Helpline	9223 1188	1800 007 330
Men's Domestic Violence Help Line	9223 1199	1800 000 599
Parenting Line	9223 1466	1800 654 432
Family Helpline	9223 1100	1800 643 000

### Office Hours

Koolkuna Domestic Violence Advocacy Service	9274 7545
Koolkuna Refuge	9255 2202
Midland Womens Health Care Place	9250 2221
Midlands Family Relationship Centre	9436 0600
Relationships Australia	9250 1242

### In an Emergency

#### Crisis Care

**9223 1111** **1800 199 008**

#### Police

**000 / 131 444**

# Psychological Abuse

## What is psychological abuse and how does it affect you?

Do you lack confidence or self esteem?

Do you tell yourself that you are stupid, dumb or useless?

What creates a healthy relationship?

This brochure contains information on all of the above.

## Did you know?

Domestic Violence happens within all communities regardless of family circumstances... You're not alone!

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**You are not to blame.  
It is not your fault.**

## Recognition of Psychological Abuse

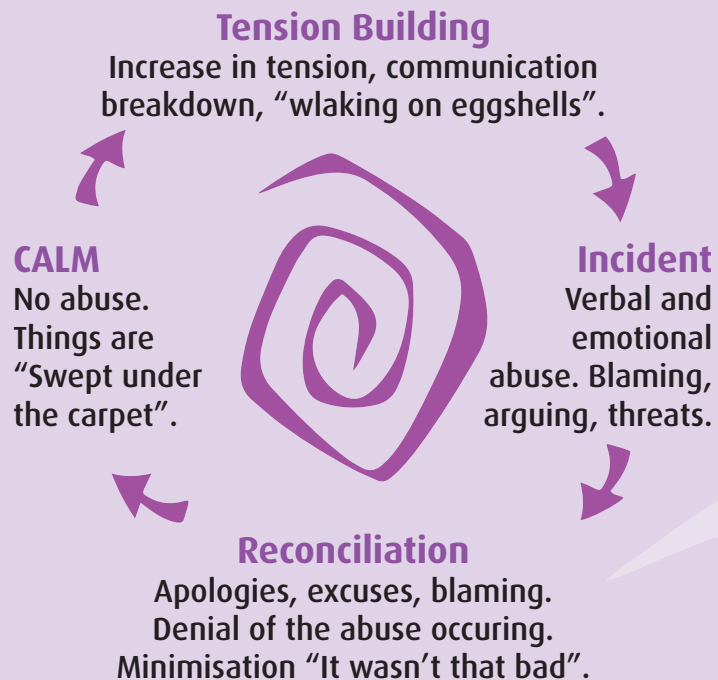
Psychological abuse is sometimes difficult to recognise.

Psychological abuse creates for a person a sense of powerlessness, fear and dependency. Overtime the impact becomes stronger.

What you may notice is your sense of self esteem and happiness has diminished as a result of:

- Being frequently criticized, humiliated and undermined.
- Being ridiculed for expressing yourself.
- Becoming more isolated from family, friends and groups.
- Being blamed for your partner's behaviour.
- Having doubt, confusion, uncertainty, you feel like you are going "crazy".
- Being afraid of your partner.

## Cycle of Abuse



## What Constitutes Psychological Abuse

The use of obscenities, threats, insults, harassment, put-downs, name calling, being ignored, invalidated, ridiculed, humiliated, criticized, threatened, blackmailed, forced, privileges withheld, guilt-tactics, mind games, implied 'craziness', exclusion (eg from decision making), jealousy, fear tactics and isolation.

## Some Facts on Psychological Abuse

Psychological abuse can be as damaging as physical abuse to a person's self confidence and how they feel about themselves.

Psychological abuse is not unlike being brainwashed. It is a form of control that ultimately seeks power over another person. This is achieved by controlling a person's time, physical environment and behaviour through verbal or emotional put-downs, behaviours and manipulation that can be very subtle and consistent.

### You may notice:

- Your discussions with your partner are railroaded to subjects he/she wants to discuss and not about what is bothering you.
- That your partner won't discuss if his/her behaviour has been unacceptable.
- That your partner tries to instil his/her idea of how you should behave or what attitudes you should have, so that you have no real input or chance to express your opinion.