

1: 11 Reasons Why People in Abusive Relationships Can't "Just Leave"

Leaving an abusive relationship can seem overwhelming. Women often leave several times before finally deciding to end the relationship. There are many complicated reasons why it is difficult to leave an abusive partner. You may have doubts or fears or just feel overwhelmed at the thought of leaving.

Post 9 To anon I replied to your post before. Hope all is well. Through much time you will get through that. Think of your child and the mental damage she may go through if she continues to see the abuse. You should look up the effects that abuse has on a child when they become adults or even through the teen years. They will have a higher rate of being in an abusive situation themselves. It is kind and gentle. I just hope you make the decision to get out. You will get over the hurt and pain and the love you have for him -- trust me. Post a reply and I will read it and continue to give you advice. Take care and God bless. I know it may not be an ideal place to go but you need to protect yourself and your daughter. And for the loser boyfriend of yours, please leave him you deserve better and can find better. When and if you decide to leave, make sure you have someone that you trust know that you are going to a shelter or somewhere safe. If you want to reply back to me, post a reply and I will be notified. Take care and God Bless. What do i do? Why do you not have job? Maybe you should quit being a child and get a life! I work hard, but receive nothing for it. My team is consistently number one in 9 out of ten tasks, but promotions elude me and one person on my staff constantly turns those on the team against me. I have tried, with no avail, to have this person removed, but yet they are still there. The emotional stress that I have had to endure is ridiculous. Truth is, I thought that I was strong already. I hate going to work everyday and would like to quit, go back to school and do something else. Dean Post 3 How can a man love one minute then turn hateful the next? This man hurts, takes away my spirits and my self-esteem with his accusing me of being with other men. I try to be there for him, but I still get kicked in the butt. He is very verbally abusive to me. He has been married before and his wife cheated on him, so he thinks all women are like that. He is so bitter, jealous and angry, he is full of rage. He was not like that until he got sick. Now everything has changed. He is so mean toward me. Please advise what to do? Can you try going to a shelter in your area or even out of your area? When settled, maybe you can send your parents a monthly check if you want to still help them. Continue to stand up and to take a step forward. Best of luck to you and God Bless. My biggest abusers are my parents. Scary part is everyone thinks they are the best people. My 16 year old daughter and I moved back in with my parents 7 years ago to help them out. I helped save their home. I helped take care of my mom who has 2 debilitating diseases. But what has happened is worse than my divorce. My parents have drained my bank account. And now more controlling then ever. I have always known that. But I have lost at min. I have lost my pride. I buy my own food for myself and my 16 year old daughter. I put gas in MY car they waste it. It comes back with dents and out of oil. Yes they have put money into it to fix it. They are so controlling. I finally get a date for the first time in 15 years and they take that away from me too. My father drained my gas tank. Took my cell phone and has now hidden my bank card. I own my car. My daughter and I are both wanting out. We my daughter and I went on vacation all I got when we got back was guilt trips and made to feel sorry for even going. They made me feel that it was the worst thing I could do. And that I should never go again because it was selfish and cost too much money. They tell lies to friends. I have nothing and no one left. No money and I mean no money. They are chain smokers and my daughter and I are not. We are tired of being controlled and tired of smelling awful. We need our lives back. But everything has been taken from us. How does one do this?

2: ABUSIVE RELATIONSHIPS

The victims in these abusive situations can end up blaming themselves for the violence they suffer. In the thought scheme where a woman assumes her partner is kind and caring there's no room to accept his violent behavior.

Whatever your reasons, you probably feel trapped and helpless. But help is available. There are many resources available for abused and battered women, including crisis hotlines, shelters—even job training, legal services, and childcare. You deserve to live free of fear. Start by reaching out. If you need immediate assistance, call or your local emergency service. For domestic violence helplines and shelters, click here. Ending an important relationship is never easy. One moment, you may desperately want to get away, and the next, you may want to hang on to the relationship. The only thing that matters is your safety. If you are being abused, remember: You are not to blame for being battered or mistreated. You deserve to be treated with respect. You deserve a safe and happy life. Your children deserve a safe and happy life. You are not alone. There are people waiting to help. Making the decision to leave an abusive relationship As you face the decision to either end the abusive relationship or try to save it, keep the following things in mind: The abuse will probably happen again. Abusers have deep emotional and psychological problems. And change can only happen once your abuser takes full responsibility for his behavior, seeks professional treatment, and stops blaming you, his unhappy childhood, stress, work, his drinking, or his temper. If you believe you can help your abuser If your partner has promised to stop the abuse When facing consequences, abusers often plead for another chance, beg for forgiveness, and promise to change. They may even mean what they say in the moment, but their true goal is to stay in control and keep you from leaving. Domestic Violence and Abuse: Recognizing the Signs and Getting Help If your partner is in counseling or a program for batterers Many abusers who go through counseling continue to be violent, abusive, and controlling. But you still need to make your decision based on who he is now, not the man you hope he will become. Signs that your abuser is NOT changing: He minimizes the abuse or denies how serious it really was. He continues to blame others for his behavior. He tells you that you owe him another chance. You have to push him to stay in treatment. He tries to get sympathy from you, your children, or your family and friends. He expects something from you in exchange for getting help. He pressures you to make decisions about the relationship. These safety tips can make the difference between being severely injured or killed and escaping with your life. Be on alert for signs and clues that your abuser is getting upset and may explode in anger or violence. Come up with several believable reasons you can use to leave the house both during the day and at night if you sense trouble brewing. Identify safe areas of the house. Know where to go if your abuser attacks or an argument starts. Avoid small, enclosed spaces without exits such as closets or bathrooms or rooms with weapons such as the kitchen. If possible, head for a room with a phone and an outside door or window. Come up with a code word. Hide a spare car key where you can get to it quickly. Practice escaping quickly and safely. Rehearse your escape plan so you know exactly what to do if under attack from your abuser. If you have children, have them practice the escape plan also. Make and memorize a list of emergency contacts. Ask several trusted individuals if you can contact them if you need a ride, a place to stay, or help contacting the police. Memorize the numbers of your emergency contacts, local shelter, and domestic violence hotline. If you stay If you decide at this time to stay with your abusive partner, there are some things you can try to make your situation better and to protect yourself and your children. Contact a domestic violence or sexual assault program in your area. They can provide emotional support, peer counseling, safe emergency housing, information, and other services while you are in the relationship, as well as if you decide to leave. Build as strong a support system as your partner will allow. Whenever possible, get involved with people and activities outside your home and encourage your children to do so. Be kind to yourself! Develop a positive way of looking at yourself and talking to yourself. Use affirmations to counter the negative comments you get from the abuser. Allow yourself time for doing things you enjoy. You may be afraid to leave or ask for help out of fear that your partner will retaliate if he finds out. Check your smartphone settings. There are smartphone apps your abuser can use to listen in on your calls, read your text messages, monitor your internet usage, or track your location.

Consider turning it off when not in use or leaving it behind when fleeing your abuser. Get a second cell phone. Some domestic violence shelters offer free cell phones to battered women. Call your local hotline to find out more. Call collect or use a prepaid phone card. Remember that if you use your own home phone, the phone numbers that you call will be listed on the monthly bill that is sent to your home. Use a safe computer. If you seek help online, you are safest if you use a computer outside of your home. Use a computer at work, the library, your local community center, a domestic violence shelter or agency, or borrow a smartphone from a friend. Change your user names and passwords. In case your abuser knows how to access your accounts, create new usernames and passwords for your email, IM, online banking, and other sensitive accounts. Your abuser could be using: Smartphone apps that can enable your abuser to monitor your phone usage or track your movements. Global Positioning System GPS devices hidden in your car, purse, on your phone, or other objects you carry with you. The location of the shelter is kept confidential in order to keep your abuser from finding you. Domestic violence shelters generally have room for both mothers and their children. The shelter will provide for all your basic living needs, including food and childcare. The length of time you can stay at the shelter is limited, but most shelters will also help you find a permanent home, job, and other things you need to start a new life. The shelter should also be able to refer you to other services for abused and battered women in your community, including:

3: Abusive Situations - Maryland Lyme

Physical abuse is often the most easily recognized form of abuse. Physical abuse can be any kind of hitting, shaking, burning, pinching, biting, choking, throwing, beating, and other actions that cause physical injury, leave marks, or cause pain.

People react to traumatic experiences in different ways. Some overeat, some overwork, and some turn to substance abuse. Some become people pleasers, others, people alienators. Some develop anxiety disorders. Others fall into depressions that are deep dark and difficult to climb out of. The effects of my own tragic childhood and difficult marriage manifested itself in me becoming passive and unassertive. I knew how to survive. That was what I had been doing from birth. Until my early adult life I experienced one trauma after another. I was born into a family wrapped in both poverty and domestic disharmony. My parents, involved in their own issues, neglected both my physical and emotional needs. Shabby clothing and poor hygiene created problems in school and with the neighborhood children. I remember being bullied, ostracized and isolated. Twice Burned My adolescence was a nightmare. As I moved on to my teen years I became involved in unhealthy relationships in a desperate attempt to gain approval and recognition. I was unhappy, restless, unfulfilled and bored. My talents, ambitions, dreams and goals had become but a faint memory. My parents solved the problem of my juvenile delinquency by sending me away at the tender age of How they rid themselves of my presence is a story in itself. I packed my bags and said goodbye, not realizing that my departure would become permanent. My mother asked me if I wanted to visit my old neighbors who I was quite friendly with since they had a girl my age. Always looking for new adventures, I agreed enthusiastically. I packed my bags, boarded the bus and said goodbye, not realizing that my departure would become permanent. After a few days, I wanted to go home but Mrs. The few more days turned into weeks which turned into months and years. At some point I began to wear down and retreat into my own world. My voice was silenced. My heart was broken. I fulfilled my responsibilities which included housework and babysitting like a robot. I stayed there until I was 15 and then moved in with my older brother and there I remained until I met my husband. So I married the first person who proposed. Marriage did not solve any of my emotional problems. If anything it exacerbated them. I tried to cope and, being a shy person, was more than willing to keep silent about my situation. On the outside we appeared a handsome couple with two beautiful children. I busied myself with my kids and stayed out of the house with them as much as possible to avoid his temperamental explosions, but my life was held together by scotch tape. Then one day things came to a head. It was a sweltering summer day in August, with temperatures hitting degrees Fahrenheit. I had no choice but to stay in and turn on the air conditioners. I settled on the sofa with a book while my two toddlers busied themselves in the bedroom. Suddenly, I heard a deafening bang. I ran into the room to investigate and what I saw will always stay etched in my mind. The huge seven-foot armoire that nearly touched the ceiling lay face down on the carpet with my children inches away. How this huge thing fell is a mystery I have yet to solve. How the children escaped unharmed is a miracle for which I will be forever grateful. It was an hour before dinner and I knew my husband would be annoyed at seeing the place a wreck. So I did something that in retrospect was very dangerous. I lifted the huge thing by myself. At this point I will mention that I am five feet tall and weigh less than lb. The next few days were spent with visits to the orthopedic doctor and then lots of physical therapy in an attempt to put humpty back together again. I had sprained my neck and strained many muscles in my upper and lower back. The room spun around me as I dialed an ambulance. Lying there on the gurney with the sirens blaring, it finally dawned on me that I could no longer bury my head in the sand and deny the reality. I could no longer afford the luxury of silence and passivity. I had two children who needed me. The time for change had come. I mentally calculated my assets, trying to figure out if I had what it took to make a U-turn in my life. A broken heart and a crushed spirit. One true friend who knew the truth. Then I remembered the biblical story of Joseph. His silken coat in shreds and he himself tossed like a piece of refuse in a pit filled with writhing snakes, he did not give up hope. All the odds were against him. What did he do? He cried out to God who saved him and watched over and protected him as he journeyed to greatness.

Eventually he became the viceroy of Egypt, the most powerful nation of the world. I felt a kinship to Joseph as I added one more asset to my meager list: With Him at my side I could do what I needed to do. Determination washed over me and the will not just to survive, but to thrive, burned inside me. While waiting to be examined I got into a conversation with a friendly nurse and gave her a shortened version of my situation. With instructions from my doctor to rest, I was sent home. The next morning as soon as I had the privacy I needed, I dialed the hot line number. With their assistance, I eventually moved into a clean cozy basement apartment. Having creative and artistic abilities, I found a job designing gift baskets. I loved talking to customers and helping them express just the right words on the gift card for the recipient of the gift. Spending my days working with flowers, fresh fruit, decadent chocolate and sweets helped to lift my spirits. Moving forward for me meant shedding the skins of passivity, of fear, of isolation from healthy human contact. It meant praying daily and asking God for his continuous love and support. It meant joining a creative writing program in the local Y, which I found to be therapeutic and healing. It was there that I bonded and formed lasting friend-ships. The process was slow and needed continuous perseverance but I finally began to feel that I was breaking loose from the confining cocoon that was holding me back. I realized that I had emerged a butterfly, free at last. There is no situation too hopeless for the Almighty. He is with you waiting for your call. His help can come in an instant. His love for you has no boundaries. Feel His hand holding yours. His desire to care for you is beyond anything we can ever imagine. My friend I tell you: You can do it! You will do it! You will overcome your obstacles and move forward into a new day. That is the reward of faith. The author is using a pseudonym.

4: A Domestic Violence Situation

Transcript of P3: Explain factors that may lead to abusive situations. By, Ravandeep Kaur There may be certain groups who appear to be more vulnerable, or at risk of, abuse than others. This may be a person with a physical or learning disabilities and or mental health problems. Older people and.

How Friends and Family Can Help This is Part 2 of 3 of the post regarding emotional ties that often keep a person from leaving an abusive relationship. It will cover the 4 main situations creating Stockholm Syndrome in controlling relationships and the resulting symptoms. If you missed Part 1, please click the above link to read it first. Part 3 will give guidelines for friends and family who wish to help. As mentioned in Part 1 of this post, the feelings of love for the abuser are actually part of an emotional defense mechanism, as opposed to real love that exists in a healthy relationship. This emotional bonding is a survival strategy for victims of abuse and intimidation, though they are not fully aware of it happening. The full article is many pages long, and very detailed. For those of you who desire to study this in more detail, a link to his full article is provided at the end of this post. There are several symptoms to Stockholm Syndrome which will vary some with the individual. However, here are 5 Common Symptoms that Dr. Positive feelings by the abuser toward the victim 5. Supportive behaviors by the victim, at times helping the abuser Besides a hostage situation, the following 4 Types of Situations also occur in severely controlling, abusive relationships, creating the Stockholm Syndrome responses: The presence of a perceived small kindness from the abuser to the victim 3. Isolation from perspectives other than those of the abuser 4. The perceived inability to escape the situation As a person with Stockholm Syndrome often becomes incapable of carrying out the necessary behaviors to detach emotionally and physically and so escape the environment, it is helpful to take a deeper look at: Perceiving a Psychological or Physical Threat First realize that the threat does not have to have been carried out or acted upon for the victim to sense danger. Here are examples of threatening situations experienced by someone with Stockholm Syndrome. Witnessing violence or aggression is also a perceived threat. Witnessing a violent temper directed at a television set, others on the highway, or a third party clearly sends us the message that we could be the next target for violence. Experiencing a Small Kindness from the Abuser In controlling or abusive situations, the victim looks for and holds on to any small sign of hope that the situations may improve, such as: Abusers and controllers are often given positive credit for not abusing their partner in a certain type of situation in which the partner would have normally been subjected to verbal or physical abuse. Sympathy may develop toward the abuser. The admission is a way of denying responsibility for the abuse. Please take careful note of what Dr. Carver says is actually happening when the abuser shows a softer side. This is urgent to understand! For survival, the goal becomes to anticipate anything that may result in an outburst for the controlling person and avoiding it at all costs. The abused person becomes preoccupied with the needs, desires, and habits of the abusive, controlling person. Carver explaining why the abused person refuses help. In truth, they are trying to minimize contact situation that might make them a target of additional verbal abuse or intimidation. Trouble is any individual, group, situation, comment, casual glance, or cold meal that may produce a temper tantrum or verbal abuse from the controller or abuser. The victims feels he or she are bound for life to the abuser due to: Loss of Self-Esteem and Depression: In relationships with an abuser or controller, the victim has also experienced a loss of self-esteem, self-confidence, and psychological energy. Studies show that ordeals create strong bonds of loyalty, even if it is to an unhealthy relationship that is difficult and humiliating. See these examples Dr. Carver provides of how the person in a controlling relationship feels bound by the personal investment: To avoid social embarrassment and uncomfortable social situations, we remain in the relationship. Family Investments “ If children are present in the relationship, decisions regarding the relationship are clouded by the status and needs of the children. Financial Investment “ In many cases, the controlling and abusive partner has created a complex financial situation. Many victims remain in a bad relationship, waiting for a better financial situation to develop that would make their departure and detachment easier. Victims in this situation may not want to lose their current lifestyle. Joseph Carver, Love and the Stockholm Syndrome.

5: Why Women Stay | Jenesse Center Inc.

The destruction of supportive relationships you have with others, and the resulting isolation, is a key factor in many abusive situations, because it is through this tactic that abusers remove from your life anyone who might help you leave the abusive situation, even by giving you a little confidence in yourself.

Unnecessary or excessive use of restraints Ignoring dietary restrictions Toileting abuse leaving someone on the toilet too long or not taking them to the bathroom when they need to use it Bathing in water that is too hot or too cold Frightening Physical Actions Using frightening physical actions that stop short of causing serious physical harm is another form of physical abuse that is too often used by abusive caregivers of people with developmental disabilities. Consider how these actions might affect a person with developmental disabilities: Grabbing persons with visual impairments from behind Jumping in front of persons with visual impairments, or trying to trip them Abruptly moving persons with mobility impairments Forcing persons with physical disabilities to move from one position to another when they are exhausted or in pain Physical Signs of Abuse: Questionable Bruises Bruises are among the most common injuries found in children and adults with developmental disabilities who have been abused. It is important to remember that occasional bruising is also common in people who are not abused, and that people with some disabilities may be prone to bruising for other reasons. Here are some of the more common bruises that may indicate signs of abuse: Facial Frequent, unexplained, or inadequately explained In unlikely places In various stages of healing On several different surface areas Patterned, reflecting shapes Bilateral: Bruises would appear on both upper arms, for example, may indicate where the abuser applied pressure while forcefully shaking the person. Bruises on both sides of the body rarely result from accidental causes. Regularly evident after an absence, home visit, or vacation The following are some other physical indicators of abuse or neglect of persons with developmental disabilities. In each case, other indicators such as behavior and circumstances must be considered. Questionable cuts and scrapes Consider: Frequent, repetitive, unexplained, or inadequately explained scrapes Atypical locations such as mouth, lips, gums, eyes, external genitalia e. Human bite marks are easily distinguished from those of animals by their size and shape, and whether flesh is torn. Ligation marks and welts which could have come from being tied up or gagged Could be the result of whipping Welts often follow clearly defined stroke patterns, especially if the person was immobile during the whipping Chafing and bruising, sometimes accompanied by swelling, on the wrists, ankles, throat, or penis can be the result of being tied up or choked Even when choking is severe or fatal, bruising may be faint or entirely absent Eye and ear injuries Sudden or unexplained hearing loss Cauliflower ears i. Repeated or multiple fractures in the absence of a known disease process or clear explanation may indicate abuse Old, untreated fractures can indicate chronic abuse Spiral fractures that result from twisting limbs may be related to abuse in non-ambulatory children and adults with developmental disabilities Coma: Shaking and other forms of abuse can result in coma of undetermined origin without external injuries. Comas not associated with known accidental causes or clearly identified disease processes should also be suspected. Accidents happen with everyone, including people with developmental disabilities. The following is a guide to help you tell the difference between accidental and non-accidental injuries. When observing an injury that might be the result of abuse, consider these factors: Location of the injury: Certain locations on the body are more likely to sustain accidental injury. These include the knees, elbows, shins, and forehead. Protected body parts and soft tissue areas, such as the back, thighs, genital area, buttocks, back of legs, or face, are less likely to accidentally come into contact with objects that could cause injury. Number and frequency of injuries: The greater the number of injuries, the greater the cause for concern. Multiple injuries in different stages of healing are also a strong indicator of chronic abuse. Size and shape of the injury: Many non-accidental injuries are inflicted with familiar objects: The marks which result bear a strong resemblance to the objects used. Accidental marks resulting from bumps and falls usually have no defined shape. Description of how the injury occurred: If an injury is accidental, there should be a reasonable explanation of how it happened that is consistent with the appearance of the injury. When the description of how the injury occurred and the appearance of the injury are inconsistent, there is cause for

concern. As children grow and gain new skills, their ability to engage in activities that can cause injury increases. A toddler trying to run is likely to suffer bruised knees and a bump on the head. Toddlers are less likely to suffer a broken arm than an eight-year-old who has discovered the joy of climbing trees. Behavioral Signs of Abuse Behavioral signs can be extremely important in detecting abuse and neglect, especially in people who have communication challenges and are unable to tell anyone about what happened to them. In many cases, physical signs of abuse may not yet be present or noticed so behavioral signs are often the first indicators. Usually it is a combination of physical and behavioral changes that are seen in people that have been abused. Here are some of the behavioral signs of possible abuse:

- Aggressive behavior Is widespread among victims of abuse May imitate the aggression committed against the abused person e. Children who have been abused often appear insecure with strangers, and compulsively seek the presence and attention of their primary caregivers, yet may express little affection towards them A preschooler may cling to his mother and cry excessively both when she leaves him and when she returns The person who has been abused may be uncomfortable with physical contact with anyone
- Disclosure Direct disclosures of abuse, neglect, or exploitation are powerful evidence, even when some details are incorrect. Complaining of soreness or pain when unrelated to disability or illness. All disclosures should be given attention and referred to the appropriate authorities for full evaluation.
- Fearfulness Victims of abuse often appear fearful of others: Fear can be specific to the abuser, but may generalize to other people or places Fear may be age or gender-specific e. This leaves little energy for learning or other typical childhood activities. Psychotherapy, or other appropriate treatments, can lead to improvement for those whose learning disabilities resulted from their psychological response to abuse.
- Noncompliance People who are abused often become noncompliant. May be a generalized response to frustration, or an effort to gain personal control May be aimed at avoidance of the abuser or the abusive situation Can take the form of chronically running away adolescents
- Regression Often children who are abused behave like younger children. This form of regression: May reflect their inability to move through normal stages of development in the face of intense anxiety Could reflect a mechanism of escape Can be limited to affective and interpersonal behavior Can extend to developmental skills such as toileting e. For example, an abused child may keep to himself and avoid other children, but become aggressive when unable to avoid interaction

4. Signs and Symptoms of Exploitation

Taking advantage of individuals with a developmental disability can rob them of their independence and the ability to afford the basic necessities of life, such as food, rent payments and medicine. In particular, financial exploitation often goes unreported or is reported long after the damage is done. When that happens, the suspect is far more likely to get away with the crime and move on to other victims. Here are a few signs to watch for:

- Sudden decrease in bank account balances
- Sudden change in banking practices such as making several large withdrawals from a bank account or ATM over a period of several days instead of one small withdrawal each week
- Sudden problems paying bills or buying food or other necessities
- Sudden changes in wills or other financial documents

The person begins to act very secretly. Telephone con artists often try to isolate their victims to avoid detection by telling the victim not to let anybody know about their calls. Unexplained disappearance of money or valuable possessions Substandard care being provided or bills which are late or unpaid despite the availability of adequate financial resources Concerns expressed by a person with a developmental disability that he or she is being exploited Lack of money early in the month when disability or other types of government benefits are paid If you notice any of these signs or suspect that a person with a developmental disability might be a victim of exploitation, please contact the Florida Abuse Hotline immediately.

Factors That Make it Hard to Recognize Abuse, Neglect, and Exploitation

A number of factors can make it difficult to identify abuse, neglect, and exploitation of persons with developmental disabilities. Person does not recognize abuse, neglect, or exploitation. In order to let someone know they are being maltreated, victims of abuse must: I thought it was normal to be tossed around in my chair. To have a comb dragged through my hair so it comes out. To be left on a toilet for an hour. People with developmental disabilities may view only the most severe acts against them to be worthy of attention and possible reporting. The victim may consider an incident "unimportant" unless it involves serious physical harm. Greater personal assistance needs Some people with physical disabilities require help with personal care routines such as dressing and bathing throughout their lives. Fear of

not having needs met People with developmental disabilities who are dependent on others for their day-to-day care may be fearful that if they let anyone know they are being mistreated, they will no longer receive the care they need. They may also fear reprisals from their caregivers if they tell anyone. Communication challenges Some people with developmental disabilities are limited in their ability to communicate verbally about an abusive incident. Adaptations may be required to insure adequate communications. Behavioral and circumstantial indicators become more important in identifying abuse, neglect, and exploitation in these cases. Self-abusive behaviors Some people with developmental disabilities resulting in behavioral or cognitive impairments engage in self-abusive behaviors, or are prone to accidental injury. This makes it more difficult to identify abuse, neglect, or exploitation when it occurs for these persons. Signs of abuse may be interpreted as behavioral problems The best rule of thumb for recognizing the behavioral signs of abuse, neglect, or exploitation is to know what is normal behavior for the particular person. Orâ€¦position you in a little rougher way. It makes you question yourself a lot. Below are examples of what can be termed "subtle" abuse: Here are some of the most common: Injuries due to falls Skin breakdown from appliances or orthopedic equipment Self-injurious behavior SIB Poor growth and failure to thrive Fractures Sensory integration problems: Some people with different kinds of disabilities may be overly sensitive to touch, textures, taste, or temperature. This can also look like failure to thrive or significant behavioral problems. Mongolian spots which are bluish or bruised-appearing areas that are usually seen on the lower back or buttocks. These spots are harmless and occur more commonly in persons of color. They may remain for months or years. For each scenario below, choose the best answer from the selections below. Answers appear at the end of this activity.

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Factors that may lead to abusive situations Essay Sample. Adults Most at Risk A vulnerable adult is someone aged 18 or over who may receive community care services because of a disability, age or illness, or may be unable to take care of themselves or protect themselves against significant harm or exploitation.

Get Full Essay Get access to this section to get all help you need with your essay and educational issues. Factors that may lead to abusive situations Essay Sample Adults Most at Risk A vulnerable adult is someone aged 18 or over who may receive community care services because of a disability, age or illness, or may be unable to take care of themselves or protect themselves against significant harm or exploitation. Older people are especially vulnerable, for example those with health issues who are unwell, confused and unable to stand up for themselves due to how frail they are. Because of their defencelessness and vulnerability elderly people are more at risk to abuse. Other vulnerable adults include people who are open to abuse because of learning difficulties, physical disabilities or mental illness. Those with learning difficulties may be taken advantage of due to their lack of awareness. People who are physically disabled may rely on help and support from others during every day activities. Due to this reliant lifestyle and dependability of care, they are more susceptible to abuse. Those who have mental health issues require a certain degree of care and support from social workers, psychiatrists, care workers and doctors, this dependability of another person increases their risk of being harmed and abused. People who may abuse Vulnerable adults who rely on some sort of support or care, may be abused by a wide range of people, such as: The abuser may be uneducated or untrained, so their actions may have been learnt from health professionals with poor competence who also commit abuse, working in the same environment. Abusive behaviour may come from mental health issues. A vulnerable adult relying on care and support who is being abused is in need of someone who has a lot of patience and understanding. The abuser will not have this patience, optimistic attitude or emotionally competent way of thinking, causing the abuse to escalate from minor, irritable remarks to physical abuse. Where the abuse occurs will be determined by the setting in the environment. Nursing care homes, surgeries and hospitals usually have strict regulatory controls to ensure adequate care is being given, however paid care staff in domiciliary homes may work with little or no supervision. Where there is poor management, little assessment and no enforced legislation in place, those receiving support are more likely to receive inadequate care; this is when abuse starts to occur. Contexts Those who are in an authoritative position over someone and in a position of care for example, family members, friends or professional health workers such as a carer, staff member in a residential or nursing home or hospital, can put vulnerable people at risk of abuse. Adults with communication difficulties who are socially isolated are more at risk of abuse as they have no way of revealing they are being abused. Hereby they are more susceptible to a correlation of abusive situations, so it is unlikely that the vulnerable adult will report the abuse to someone. More essays like this:

7: Understand factors which may lead to abusive situations by Annie Butcher on Prezi

The Cycle of Abuse: after every abusive incident comes a make-up honeymoon phase. Often when an abusive situation happens, it is followed by the abuser doing something nice or apologizing and promising that they will never do it again.

There are many behaviors that qualify as emotional or verbal abuse, including: Calling you names and putting you down. Yelling and screaming at you. Intentionally embarrassing you in public. Preventing you from seeing or talking with friends and family. Telling you what to do or wear. Blaming your actions for their abusive or unhealthy behavior. Threatening to commit suicide to keep you from breaking up with them. Threatening to harm you, your pet or people you care about. Threatening to expose your secrets such as your sexual orientation or immigration status. Starting rumors about you. Threatening to have your children taken away. It is never okay for someone to do or say anything that makes you feel bad, lowers your self-esteem or manipulates you. You may be experiencing digital abuse if someone: Sends you negative, insulting or even threatening emails, Facebook messages, tweets, DMs or other messages online. Uses sites like Facebook, Twitter, foursquare and others to keep constant tabs on you. Puts you down in their status updates. Pressures you to send explicit video or sexts. Steals or insists on being given your passwords. Looks through your phone frequently, checks up on your pictures, texts and outgoing calls. Tags you unkindly in pictures on Instagram, Tumblr, etc. You never deserve to be mistreated, online or off. Emotional abuse Emotional abuse happens when a person uses words or actions to control, frighten or isolate someone or take away their self-respect. Emotional abuse is sometimes called psychological abuse. A common barrier for victimized individuals when reporting offences is the fear of retaliation. Offenders may deliberately target people with mental illness because they see them as vulnerable and less likely to go to the police. You tend to have a bad memory. There are several different gaslighting techniques that an abusive person might use: Over time, however, these abusive patterns continue and a victim can become confused, anxious, isolated, and depressed, and they can lose all sense of what is actually happening. Then they start relying on the abusive person more and more to define reality, which creates a very difficult situation to escape. According to author and psychoanalyst Robin Stern, Ph. You constantly second-guess yourself. You often feel confused and even crazy. You know something is terribly wrong, but you can never quite express what it is, even to yourself. You start lying to avoid the put downs and reality twists. You have trouble making simple decisions. You have the sense that you used to be a very different person – more confident, more fun-loving, more relaxed. You feel hopeless and joyless. It can include telling you what you can and cannot buy or requiring you to share control of your bank accounts. At no point does someone have the right to use money or how you spend it to control you. Here are some examples of financially abusive behaviors: Giving you an allowance and closely watching what you buy. Placing your paycheck in their account and denying you access to it. Keeping you from seeing shared bank accounts or records. Forbidding you to work or limiting the hours you do. Preventing you from going to work by taking your car or keys. Getting you fired by harassing you, your employer or coworkers on the job. Hiding or stealing your student financial aid check or outside financial support. Using your social security number to obtain credit without your permission. Maxing out your credit cards without your permission. Refusing to give you money, food, rent, medicine or clothing. Spending money on themselves but not allowing you to do the same. Using their money to hold power over you because they know you are not in the same financial situation as they are. Financial abuse Financial abuse happens when someone uses money or property to control or exploit someone else. Economic abuse can manifest itself in many different ways, and abusers can victimize their partners even after they have left the abusive relationship. Some abusive behaviors include: Physical Abuse Physical abuse is any intentional and unwanted contact with you or something close to your body. Examples of physical abuse include: Scratching, punching, biting, strangling or kicking. Throwing something at you such as a phone, book, shoe or plate.

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Abusive Situations Abusive situations are defined as acts that involve physical, sexual, or verbal abuse, and/or other types of abuse. Examples include the following.

It often begins with threats and intimidation that may escalate to physical abuse. Finally, it may become life-threatening, with serious behaviors such as choking, breaking bones, or the use of weapons. It demonstrates how three emotions --Love, Hope, and Fear--keep the cycle in motion and make it difficult to end a violent relationship. Relationship abuse usually begins subtly during the dating relationship with manipulative and controlling behavior. Cycle of Violence Tension Building Tension begins to build in the relationship when the abuser starts criticizing, yelling, swearing, and using angry gestures, coercion, and threats--often threats to kill her and her children or her family. Fear The woman fears that the threats will become a reality but feels helpless to do anything about it. Violence Something will happen to trigger the physical and sexual attacks and threats. During this "honeymoon period," the abuser might apologize, blame the woman or other circumstances, promise to change, or give gifts. Love In response to this honeymoon period, the woman feels a renewal of love for the abuser. After all, the relationship has its good points. Abused women experience shame, embarrassment and isolation. A woman may not leave the abuser immediately because: She realistically fears that the abuser will become more violent and may even kill her if she attempts to leave. In reality, women who leave their abusers are at a 75 percent greater risk of being killed by the abuser than are those who stay. She may feel that she does not have the support of her friends and family, particularly if the abuser has isolated her from them. Usually the abuser has all of the economic and social status and the woman knows the difficulties of single parenting in reduced financial circumstances. Leaving could mean living in fear, losing child custody, losing financial support, and experiencing harassment at work. There is a mix of good times, love and hope along with the manipulation, intimidation and fear see the Cycle of Violence. She may not know about or have access to safety and support. Barriers to Leaving a Violent Relationship Reasons why women stay generally fall into three major categories: Lack of Resources Most women have at least one dependent child. Many women are not employed outside of the home. Many women have no property that is solely theirs. Some women lack access to cash or bank accounts. Women who leave fear being charged with desertion and losing children and joint assets. A woman may face a decline in living standards for herself and her child ren. Up to 50 percent of all homeless women and children in the U. Yet there are nearly three times as many animal shelters in the U. After being in a shelter, many women return to their batterers primarily because they cannot locate longer-term housing. Violent fathers use school records or the presence of children at school to track down the mothers. Institutional Responses Religious leaders may believe in "saving" the marriage at all costs and may counsel the women to be "better wives. LDS women may feel abandoned by God. If they were married in the temple, they may worry that divorcing will be unrighteous. They may find that ward members are critical of a decision to divorce. Police officers often do not provide support to battered women. They treat violence as a domestic "dispute," instead of a crime where one person is physically attacking another person. Police may try to dissuade women from filing charges. Prosecutors are often reluctant to prosecute cases, and judges rarely levy the maximum sentence upon convicted abusers. Probation or a fine is much more common. Despite the issuing of a restraining order, there is little to prevent a released abuser from returning and repeating the assault. Despite greater public awareness and the increased availability of housing for women fleeing violent partners, there are not enough shelters to keep women safe. Traditional Ideology Many women do not believe divorce is a viable alternative. Many women believe that a single parent family is unacceptable, and that even a violent father is better than no father at all. Many women are socialized to believe that they are responsible for making their marriage work. Failure to maintain the marriage equals failure as a woman. In the LDS culture, it is very difficult to be divorced in a family-oriented church. Many women become isolated from friends and families, either by the jealous and possessive abuser, or to hide signs of the abuse from the outside world. The isolation contributes to a sense that there is nowhere to turn. Many women are taught that their identity and worth are contingent upon getting and keeping a man.

The abuser rarely beats the woman all the time. She believes that he is basically a "good man. She may also rationalize that her abuser is basically good until something bad happens to him and he has to "let off steam. Why do abusers abuse? Why do they have such a need for power and control? And although these and other factors may be present, there is a deeper reason. The manner in which we react to our spouses is often related to the attachment we had with our own parents while we were growing up. Perhaps the attachment was not safe, or maybe our parents were not responsive to our needs or minimized or ignored our needs. In those cases, when we get into a marriage, we may respond to our spouse based on these childhood attachment issues. Some common attachment needs are:

9: How can I get out of an Abusive Situation? (with pictures)

How to Recognize a Potentially Abusive Relationship. In this Article: Recognizing What Abuse Is Monitoring Your Relationship Watching Your Partner's Interactions With Others Recognizing Deal Breakers Taking Action Ending the Relationship Community Q&A.

Domestic violence takes many forms and includes many factors, some of which encourage conditions that keep a woman psychologically insecure, economically dependent and socially isolated. Some of the factors which influence a woman to remain with the batterer are described below.

Lack of Financial Resources – The woman who is being victimized may not have access to money or other financial resources. The victim may have been prevented from working, been fired from her job because of too many absences as a result of domestic stress or been forced to leave her job because of threats and stalking. If she has a source of income it may be insufficient to care for her and her children, cover their basic needs or give her the ability to secure lodgings, transportation, food, etc.

Threats of Murder – Most domestic violence victims have experienced actual assaults, physical, threats and intimidation at the hands of the abuser. The risk of death by homicide significantly increases when a woman leaves an abusive relationship. An abuser may also threaten suicide or to murder her children. The situation is especially dangerous because the batterer is not concerned with the consequences of his actions.

Social Stigma – Many women in domestic violence situations feel a sense of shame and failure for being in such a negative relationship. They believe that the violence is their fault and society will blame them for it. They are frightened of being further isolated from friends, families and social connections. In this situation she is totally dependent on him to communicate with the outside world.

Self Blame – Many victims believe that the abuse is their fault. They feel an obligation to try and change their behavior so as not to stress their partner in the mistaken notion that this will cease the violence.

Desire to Keep the Family Together – Victims often believe that it is in the best interest of their children to maintain a united family, especially if the children are not suffering any physical abuse. They do not understand the emotional pressures being visited upon children as a result of the violence which many of them witness or know about. Women also fear losing custody of their children or not being able to care for or protect them.

Lack of Information – The victim may not know about domestic violence shelters, crisis hotline numbers or other supportive community resources. She may not believe that she can turn to family or friends, or that it would be safe to go to them.

Key factors cited by women who left abusive relationships include: Receipt of strength or support from someone in order to leave Interactions with law enforcement Use of social networks to disclose the violence, told neighbors, friends, relatives.

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