

How do I know I'm facing abuse. There is no physical violence?

Abuse can take many forms, and it's not always physical. Here are some signs that you may be facing abuse:

Emotional or psychological abuse: This can include behaviors such as verbal put-downs, criticism, manipulation, gaslighting, or controlling behavior. You may feel constantly criticized, belittled, or controlled by the other person.

Sexual abuse: This can include behaviors such as unwanted sexual advances, coercion, or manipulation. You may feel pressured to engage in sexual activities that you are uncomfortable with or feel violated after sexual interactions.

Economic abuse: This can include behaviors such as controlling finances, withholding money, or preventing the victim from working. You may feel financially dependent on the other person or have limited control over your own finances.

Digital abuse: This can include behaviors such as monitoring your online activity, controlling your social media accounts, or using technology to harass or intimidate you. If you're experiencing any of these types of abuse, it's important to seek help. You may want to consider reaching out to a trusted friend, family member, or professional such as a therapist or domestic violence advocate for support and guidance.

Abuse can take many forms, and it is not always physical. Recognizing the signs of domestic violence and abuse (DVA) is essential to identifying when a relationship has become unsafe. Here are some signs that you may be experiencing domestic abuse

Emotional or Psychological Abuse: This includes behaviors like verbal put-downs, criticism, manipulation, gaslighting, or controlling behavior. You may feel constantly criticized, belittled, or controlled by the other person, which can severely impact your self-esteem and mental well-being.

Sexual Abuse: This can involve unwanted sexual advances, coercion, or manipulation. You may feel pressured to engage in sexual activities that make you uncomfortable or feel violated and disrespected after such interactions. Sexual abuse is a harmful violation of personal boundaries within domestic relationships.

Economic Abuse: This includes controlling finances, withholding money, or preventing you from working to maintain financial control over you. You may feel financially dependent on the other person or have limited access to your own finances, which can create a cycle of dependency and vulnerability in the relationship.

Digital Abuse: This involves monitoring your online activity, controlling your social media accounts, or using technology to harass or intimidate you. Digital abuse can make you feel isolated and constantly monitored, as the abuser uses technology to exert control and limit your personal freedom. If you are experiencing any of these types of abuse, it's crucial to seek help. Reach out to a trusted friend, family member, or a professional, such as a therapist or domestic violence advocate, for support and guidance. Taking action is vital to protect your safety and well-being, as domestic abuse often escalates over time.