

Domestic *Violence*



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Domestic Violence

Domestic violence is physical, mental, sexual, or emotional abuse in an intimate relationship. It occurs when one person uses abusive tactics to gain power and control over a partner or former partner.

Domestic violence hits homes in every community. It has a devastating effect on victims, children, families, and communities.

If you are a victim, you can get help by calling the Alabama Coalition Against Domestic Violence crisis line toll-free, 24 hours a day at 1-800-650-6522. There are safe shelters across the state for you and your children, as well as many other services.

There is no excuse for domestic violence. If your spouse engages in one or several of the behaviors listed on this page, it may be an indication that you're in an abusive relationship, and you should carefully evaluate your relationship and talk with a professional who can help.



- Makes you feel like you're walking on eggshells to keep the peace
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- Makes you feel like a prisoner in your own home
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- Yells at you frequently and calls you hurtful names
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- Is unpredictable or has sudden mood swings
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- Threatens you with violence
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- Breaks or hits things in your presence
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- Gives you hateful or threatening looks
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- Shoves, slaps, or hits you
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- Abuses your children
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- Keeps you from seeing friends or family
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- Hurts your pets
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- Follows you, spies on you, or shows up at your job, school, or friends' homes
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- Listens to your phone calls or keeps you from using the phone
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- Is forceful with affection and/or sex
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- Accuses you of having affairs
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- Controls all the money and gives you little or none
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- Keeps you from getting or keeping a job
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- Pushed you to make a commitment before you felt ready
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- Has a history of battering in other relationships
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- Gets very angry or upset with you often and then apologizes with gifts, flowers, and promises

*Adapted from the National Coalition Against Domestic Violence.