

HYDE COUNTY HOTLINE, INC.

We are committed to promoting dignity, respect and safety at home resulting in safer community.

Visit us at: Website: HydeCounty-Hotline.org Facebook: [Hyde County Hotline](https://www.facebook.com/HydeCountyHotline)



Rebuilding Your Self-Esteem After Abuse

5 ways you can start feeling good about yourself and the world again

After escaping an abusive partner, starting a new life can feel empowering. You're on your own. You are in control. You're safe.

But, these positive feelings may not appear right away, and this is normal. You may feel unsure, anxious or have a profound sense of loss for what you left behind. You may start questioning your decisions—"Am I strong enough to do this? Do I deserve good things to happen to me?" After all, for so long, your abuser tried to convince you otherwise.

Regaining your self-esteem after domestic violence takes time. It's important you work on it daily, just as you would strengthen your body after being injured. Building up confidence in yourself is especially important if you have children who were also in the abusive situation with you. Kids are apt to imitate your actions, attitudes and emotions and, if you are modeling confidence and self-appreciation, they will be more likely to feel the same about themselves. Children who witness violence at home are more likely to have low self-esteem and high incidents of self-blame later in life. (click below to cont'd)

[Ways to Rebuild Self-Esteem](#)



January 1 - November 29, 2017 (67 Homicides)

Emotional abuse: It's a bigger problem than you think

What is emotional abuse?

This can help if:

- you feel like you're not good enough
- you're afraid of your partner leaving you
- your partner calls you names or puts you down.

What is emotional abuse?



Many unhealthy relationships involve aspects of emotional abuse. The aim of the emotional abuser is to chip away at your feelings of self-worth and independence. In an emotionally abusive relationship, you may feel that there is no way out or that without your partner you'll have nothing.

Emotional abuse is related to physical abuse

Emotional abuse can feel as destructive and damaging as physical abuse, and can severely impact your mental health. It's common for physical abusers also to dish out emotional abuse as a way of maintaining power and control over you.

Types of emotional abuse

Emotional abuse can involve any of the following:

- **Verbal violence** – yelling at you, insulting you or swearing at you.
- **Rejection** – pretending not to notice your presence, or ignoring your conversation.
- **Put-downs** – calling you names or telling you that you're stupid, publicly embarrassing you, blaming you for everything.
- **Causing fear** – making you feel afraid, intimidated or threatened.
- **Isolation** – limiting your freedom of movement, stopping you from contacting other people (such as friends or family).
- **Financial dependence** – controlling or withholding your money, preventing you from working, stealing from you.

Bullying – purposely and repeatedly saying or doing things that are hurtful to you.

The impact of emotional abuse

Physical violence is often seen as being more serious than emotional abuse, but this simply isn't true. The scars of emotional abuse are real and long lasting. As well as having a negative impact on your self-esteem and confidence, emotional abuse can leave you feeling depressed, anxious and even suicidal.

Reachout.com

Sexual Violence Affects Millions of Americans

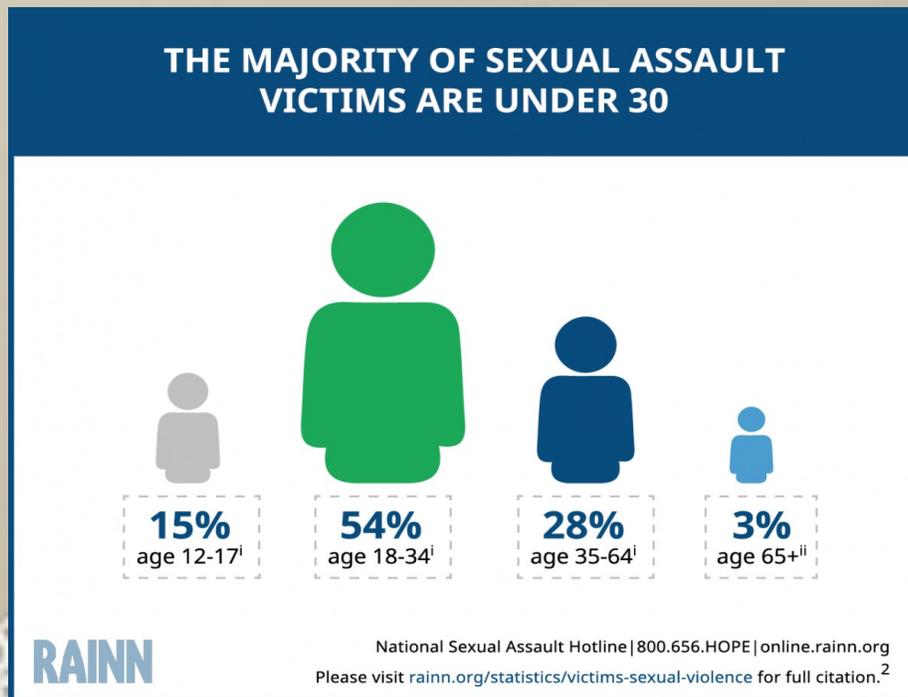
Every 98 seconds,
an American is sexually assaulted.

RAINN

National Sexual Assault Hotline | 800.656.HOPE | online.rainn.org
Please visit rainn.org/statistics/victims-sexual-violence for full citation.¹

On average, there are 321,500 victims (age 12 or older) of rape and sexual assault each year in the United States.

Younger People Are at the Highest Risk of Sexual Violence



- Ages 12-34 are the highest risk years for rape and sexual assault. Those age 65 and older are 92% less likely than 12-24 year olds to be a victim of rape or sexual assault, and 83% less likely than 25-49 year olds

RAINN.ORG

HOW TO HELP A FRIEND

Even if you haven't experienced victimization yourself, you may know someone who has and are wondering how to help them through this difficult time. Below are some tips for how to help a friend after an assault.

General Guidelines

- Always let survivors make their own decisions.** Reporting the incident to campus or police authorities, getting a rape kit, deciding who to tell...these are all the survivor's decisions.
- Fight the urge to "do something."** There are many reasons why someone may not want to report an assault. Our "thirst for justice" must not trump the wishes of the victim.
- Listen to and BELIEVE the victim.** Beware of language that can come off as accusatory (see below).
- It's okay to ask how someone is doing.** We may hesitate because we don't want to make the person think about the experience, or we may feel uncomfortable. But asking a friend if they're doing okay can make them feel seen and supported.
- Be patient with the recovery process.** Most people don't "get over" a sexual assault quickly.
- If your friend is in crisis mode,** offer to help with daily tasks as best you can.
- Assure the victim that although feeling guilt is normal, what happened to them is never their fault.**

What to say

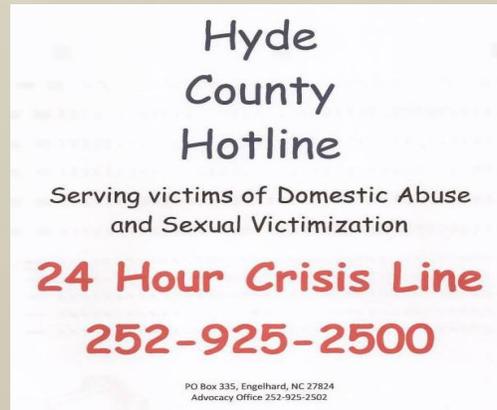
- I'm sorry this happened to you.
- I believe you.
- It's not your fault.
- Thank you for telling me.
- I'm here if you need to talk.
- You did what you could to survive, and that is enough.
- What can I do to help?

What NOT to say

- Why didn't you....? (fight back, scream, run away, stop drinking earlier, etc.)
- How much were you drinking?
- What were you wearing?
- If it was me, I would have....
- I don't believe you.
- It's no big deal; it happens to lots of people.
- It's been so long. Get over it!

OUR MISSION

The purpose of Hyde County Hotline, Inc. is to work to eliminate domestic abuse and sexual victimization and provide safe shelter in Hyde County, North Carolina through the collaborative efforts of a compassionate community. We promote dignity, respect and safety at home resulting in safer communities.



We love volunteers!
Please help and call Hyde
County Hotline
252-925-2502.



Thank **you to the family Violence Prevention Services Program**
US DHHS, and NC Council for Women for financial support.