Hyde County Hotline, Inc.

24-Hours Crisis Line 252-925-2500

Visit us at: HydeCounty-Hotline.org Facebook: Hyde County Hotline

Emotional Abuse

Someone who is being abused does not always have a black eye or bruises. Emotional abuse is one of the hardest forms of abuse to recognize. It is not always abuse that happens in loud explosive events. It can be subtle and insidious or overt and manipulative. Either way, it chips away at the victim's self-esteem and they begin to doubt their perceptions and reality.

The underlying goal in emotional abuse is to control the victim by isolating, discrediting and silencing. In the end, the victim feels trapped. Victims are often too wounded and broken to go on in the relationship any longer, but also too weak, confused and afraid to leave. So the cycle of abuse will repeat itself until something happens to change the situation.

Emotional abuse can feel as destructive and damaging as physical abuse, and can severely impact your mental health. It's often used as a way to maintain power and control over someone.

Emotional abuse may be accompanied by other kinds of abuse: sexual, financial or physical abuse. However, it doesn't need to include other kinds of abuse to count as abuse. Emotional abuse is a serious form of abuse on its own!

If you feel scared or confused around your partner, or doubt yourself when you're talking with them, you may be experiencing emotional abuse. An emotional abuser's goal is to undermine another person's 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 a form of domestic violence. Just like domestic violence there is a cycle that can be broken.

If you feel you may be in an emotionally abusive relationship it's important to know that **it's not your fault and it's *never* acceptable.**

You have the right to feel safe, respected and supported in your relationships!

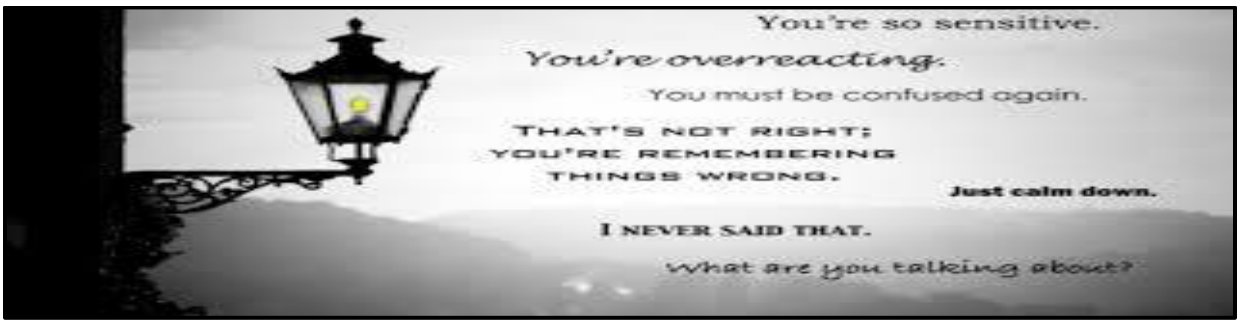
Types of Emotional Abuse:

Emotional abuse can involve any of the following:

- **Verbal Abuse:** Yelling at you, insulting you or swearing at you.
- **Rejection:** Constantly rejecting your thoughts, ideas and opinions.
- **Gaslighting:** Making you doubt your own feelings and thoughts, and even your sanity, by manipulating the truth.
- **Put-Downs:** Calling you names or telling you that you're stupid, publicly embarrassing you, blaming you for everything. Public humiliation is also a form of social abuse.
- **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). It may also include stopping you from doing the things you normally do – social activities, sports, school or work.

- **Financial Abuse:** Controlling or withholding your money, preventing you from working or studying, stealing from you. Financial abuse is another form of domestic violence.
- **Bullying and Intimidation:** Purposely and repeatedly saying or doing things that are intended to hurt you.

(Source: Reachout.com)



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 or even suicidal.

Getting Support:

If you or someone you know is experiencing emotional abuse, it is not your fault!
There is help available. An advocate is waiting to speak with you.
Please call Hyde County Hotline's **24-Hour Crisis Line at 252-925-2500.**

No one deserves to be abused!

Hyde County Hotline's Mission:

The purpose of Hyde County Hotline, Inc. is to work to eliminate domestic abuse, sexual victimization and human trafficking 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.

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Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. 1 Corinthians 13:4-6

What is a Healthy Relationship?

Different people define relationships in different ways. But in order for a relationship to be healthy, it needs a few key ingredients!

Healthy Communication

Open, honest and safe communication is a fundamental part of a healthy relationship. The first step to building a relationship is making sure you both understand each other's needs and expectations—being on the same page is very important. That means you have to talk to each other! The following tips can help you and your partner create and maintain a healthy relationship:

- **Speak Up.** In a healthy relationship, if something is bothering you, it's best to talk about it instead of holding it in.
- **Respect Each Other.** Your partner's wishes and feelings have value, and so do yours. Let your significant other know you are making an effort to keep their ideas in mind. Mutual respect is essential in maintaining healthy relationships.
- **Compromise.** Disagreements are a natural part of healthy relationships, but it's important that you find a way to compromise if you disagree on something. Try to solve conflicts in a fair and rational way.
- **Be Supportive.** Offer reassurance and encouragement to each other. Also, let your partner know when you need their support. Healthy relationships are about building each other up, not putting each other down.
- **Respect Each Other's Privacy.** Just because you're in a relationship doesn't mean you have to share everything and constantly be together. Healthy relationships require space.

Healthy Boundaries

Creating boundaries is a good way to keep your relationship healthy and secure. By setting boundaries together, you can both have a deeper understanding of the type of relationship that you and your partner want. Boundaries are not meant to make you feel trapped or like you're "walking on eggshells." Creating boundaries is not a sign of secrecy or distrust — it's an expression of what makes you feel comfortable and what you would like or not like to happen within the relationship.
Remember, healthy boundaries shouldn't restrict your ability to:

- Go out with your friends without your partner.
- Participate in activities and hobbies you like.
- Not have to share passwords to your email, social media accounts or phone.
- Respect each other's individual likes and needs.

(Source: Loveisresprct.org)

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Crisis Line Training

Hyde County Hotline is looking for dedicated volunteers who would be willing to attend Crisis Line Training. If you would like a way to reach out to the hurting in your community and give them hope in their time of need, please consider being a volunteer on the Crisis Line.

This training is free and this volunteer service can be completed in the comfort and safety of your own home.

The Crisis Line is available 24 hours a day, seven days a week. Our volunteers help us provide confidential, accurate information, referrals and options. Victims are treated with respect and have the right to choose what is right for them without judgment. You will be taught how to answer crisis calls, complete a danger assessment, complete safety planning, and provide needed resources to victims.

*Victims of domestic abuse, sexual abuse and human trafficking can access safe shelter and advocacy by calling our **24-Hour Crisis Line at 252-925-2500**.*

Please give us a call to let us know you would be interested in taking part in our next training.

You can make a difference by simply shopping!
Please consider using Amazon Smile when you order online.

AmazonSmile is a website operated by **Amazon** with the same products, prices, and shopping features as **Amazon**.com. The difference is that when you shop on **AmazonSmile**, the **AmazonSmile** Foundation will donate 0.5% of the purchase price of eligible products to the charitable organization of your choice.
Choose Hyde County Hotline, Inc. and Amazon will donate 0.5% of the purchase price to our agency.

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FYSB Family & Youth Services Bureau

Family Violence Prevention & Services Program

Council for Women & Youth Involvement
Department of Administration