



The Lie

{Living with the Secret of Abuse}



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Introduction

Abuse is the dirty little secret no one wants to talk about. Even today the subject is still very difficult to discuss. It brings thoughts of shame and embarrassment to the person being abused. Being abused erodes your self esteem and slowly changes your thinking until you believe the lies you're being told.

The news and media are filled with stories of men and women that murder their abusers. Programs such as Dateline, 20/20 and channels such as ID are dedicated to sharing stories of murder and mayhem. Many of these stories feature some sort of abuse in a romantic relationship.

So why do I care about abuse? I was abused, not once but twice. Both of my situations were within a romantic relationship. My hope and prayer in sharing my story is that it will bring a greater awareness to the public. Even if it saves one woman {or man} from experiencing this pain, then it's worth sharing my story.

Did you know?

- That one in every four American women report to being physically abused.
- In the United States, reports estimate that a woman is being beaten every 9 seconds.
- Abuse is the #1 health issue for women in America.
- Domestic violence is the #1 cause of injury to women
- At least one incident of Domestic Violence is reported every minute in the US
- 70% of murders by women are caused by domestic violence
- 75% women murdered by husbands were attempting to leave an abusive relationship
- 25% all suicides by women are by a battered woman

While there are many types of abuse, I'm talking about domestic violence.

My Story

I was raised in a Christian home with loving parents. My father was a Baptist Minister and I was often embarrassed that my parents would still hold hands in public. Growing up I had no idea what the term abused meant. I just couldn't fathom why a person would want to hurt another person or why someone would want to stay in such a situation.

Growing up I was well behaved and did everything expected of me. Everyone remarked that I was a young adult, but that all began to change the second semester of my senior year in high school. I began to rebel and struggled with finding my own voice and way in life.

In college I met Tom* and we began to date. In the beginning he spoiled me and helped me through a rough patch. My parents could see through his lies when I couldn't. The more my parents disliked him, the stronger I held on. I was determined to prove them wrong. Before long he'd taken out numerous credit applications in my name, convinced me to get married and had me drop out of college. During those months I went from being fit and at my goal weight to a good forty pounds overweight. I believed the lies that no one else would ever want me or love me. I knew that I should have never married Tom, but I was too rebellious at that point to understand the ramifications. I've always regretted the mistake of that decision. The marriage lasted less than two years and was a continuous downward spiral. Right after our one year anniversary, Tom decided to move us closer to his family, which was eighteen hours away from our current home. He came home from work one evening with a moving van. He'd made all of the arrangements and said we were leaving the next day. He did not even give me a chance to say goodbye to my family. During the next six months, the relationship deteriorated. I spent my days caring for his grandparents, while he worked. When he arrived home, he refused to talk to me. His family made it very clear we were not welcome or wanted. Our decision to split was supposed to only be temporary {so I was led to believe}. Quickly after leaving, I discovered I'd been replaced.

After the divorce, I was angry and hurt. I was angry at Tom, as much as at myself. I really struggled to get back on my feet and eventually put myself through college. I thought I would recognize the signs if I became involved with anyone else. I couldn't have been more wrong.

I met Duncan* online through a genealogy forum. We struck up a friendship and began talking, first about family history and later about our lives. I was not looking for love, but a year after we met, feelings were clearly there. After almost two years of emails and phone calls, I moved twelve hours away to be with him. What I did not know was that he'd lied to me about everything from the moment we met. I saw some of these cracks early on, but ignored them. Over the course of time I discovered the gravity of the lies, but it wasn't until the relationship was over that I was able to deal with the full feelings of betrayal and hurt. I was abused physically, mentally, emotionally, financially, sexually, spiritually, and psychologically. I stayed for three years, believing the lies that my own family refused to ever see me again. No matter how hard I tried to make things work, the relationship slowly deteriorated. Nothing I did was

right and I was beyond frustrated and overwhelmed. I became full of anger, hate and resentment.

Every time I mentioned leaving, I was told that I'd be killed. After having my life threatened for years I'd reached my breaking point. Things finally reached a point that we were not even speaking to one another. Right after Christmas, my life was again threatened and I'd had enough. That night the relationship came to a head. I'd been threatening to leave for a few weeks. Unbeknownst to Duncan, I was talking with my family about an exit plan. That night when Duncan tried to control me, I stood up for myself. Duncan threatened to have me killed if I were to leave. After two and a half years of these threats, I was tired of living in fear. I slapped Duncan and his sister. The police were called and I was taken downtown. I never returned to the house after that. While the situation was not pleasant, the doors were opened for me to leave for good. I was able to find a safe place to live.

I wish I could tell you that I was glad to be out at first and able to quickly rebuild my life, but that has not been the case. I made contact with my own family and discovered how much they missed and loved me. I went to a safe place, and began the process of healing. For the next two years I stayed in intensive therapy. I slowly began to put my life back together, but the process has been far from easy. Even today I'm still struggling to take that next step to get my life back on track.

*Names have been changed to protect the guilty

You are Loved

After reading part of my story, you may feel this is you or someone you know. The one thing I want you to know is YOU ARE LOVED.

I know this is a thought or idea that is difficult to believe after being put down for a prolonged amount of time. I want you to know that you deserve so much better.

YOU ARE WORTHY OF THE BEST LIFE HAS TO OFFER!!!

Have you been told no one else will ever want you? This is a lie. Even if you don't find anyone else for a romantic relationship, is it worth it for you to stay in this one?

Abuse is not your fault. You did nothing wrong. **NO ONE DESERVES TO BE ABUSED!!!**

What is Abuse?

So we've been talking about abuse, but what is it?

[Dictionary.com](https://www.dictionary.com) defines abuse as:

1. To use wrongly or improperly; to misuse
2. To treat in a harmful, injurious or offensive way
3. To speak insultingly, harshly, or unjustly to or about another person
4. To commit sexual assault upon
5. To deceive or mislead

Causes of Abuse

Abuse is violence. Violence is a learned behavior.

The behavior can be learned from:

- Observation—such as growing up in an abusive home.
- Experience—the abuser was once abused
- Culture—some cultures or families do condone violence

Myths about Abuse

- ❖ Battered women do not enjoy it
- ❖ Battered women are not crazy
- ❖ The lower class are not more likely to be abused over middle or upper class
- ❖ Battered women are not uneducated or unsuccessful
- ❖ Batterers are violent in all their relationships

Beware

Abuse happens very subtly. The abuser can be very likeable and charming, winning you over, as well as your family and friends. Often the abuse begins very slowly. Maybe it's a suggestion not to wear that lipstick, ordering for you in a restaurant, insisting on driving you to work, etc. At times the abuser will bestow gifts on you one minute and take something away an hour later.

Slowly the abuser begins to distance you from friends and family. He/she wants to make sure you have no support system in place.

An abused person is not uneducated or inexperienced. Abuse does not discriminate against race, sex, religion, wealth, etc.

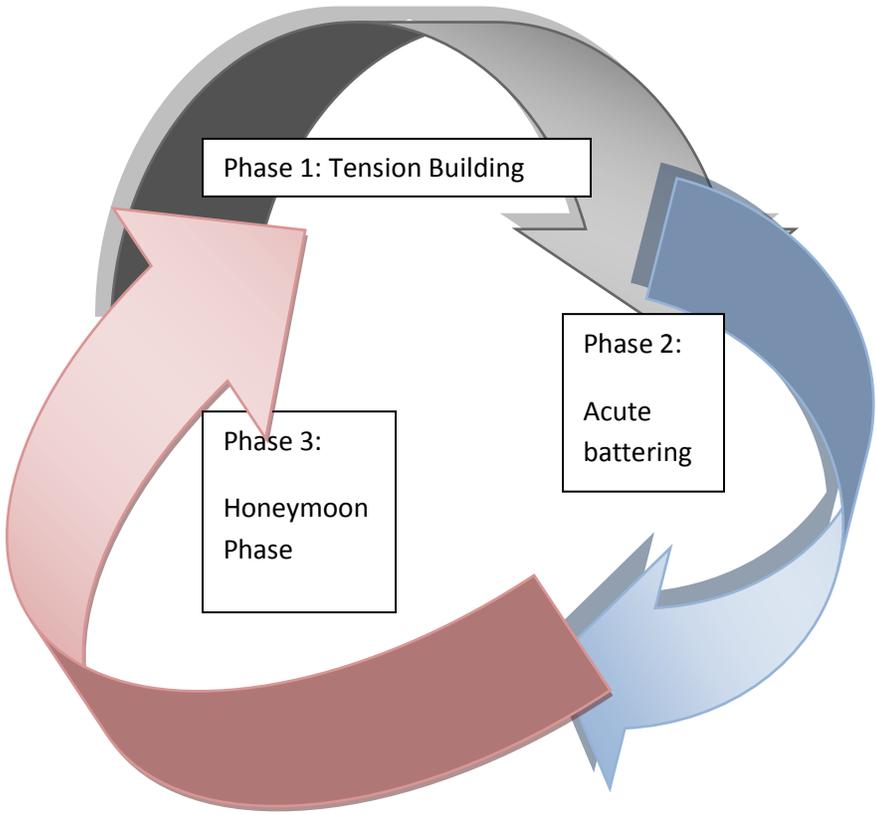
I, and many other people being abused, did not realize I was being abused until I was deep in the midst of the cycle. This can definitely be the case when the abuse is not physical but emotional, mental and psychological.

While we usually think of the man as the abuser, there are women abusers out there. Men are usually too ashamed to admit to friends or others they are being abused. Many men have been raised not to hit a woman and become so desperate to keep her happy and do anything she wants he becomes her patsy.

Often abusers quickly escalate a relationship. They will want to take the relationship to the next level shortly after meeting. {Move in together, intimacy, marriage, etc}. Take your time getting to know one another.

The abuser can be well versed at hiding his/her true personality. Around family, friends and co-workers, this person may act completely different than the way s/he acts in private. Remember that no one never knows what goes on behind closed doors.

Cycle of Abuse

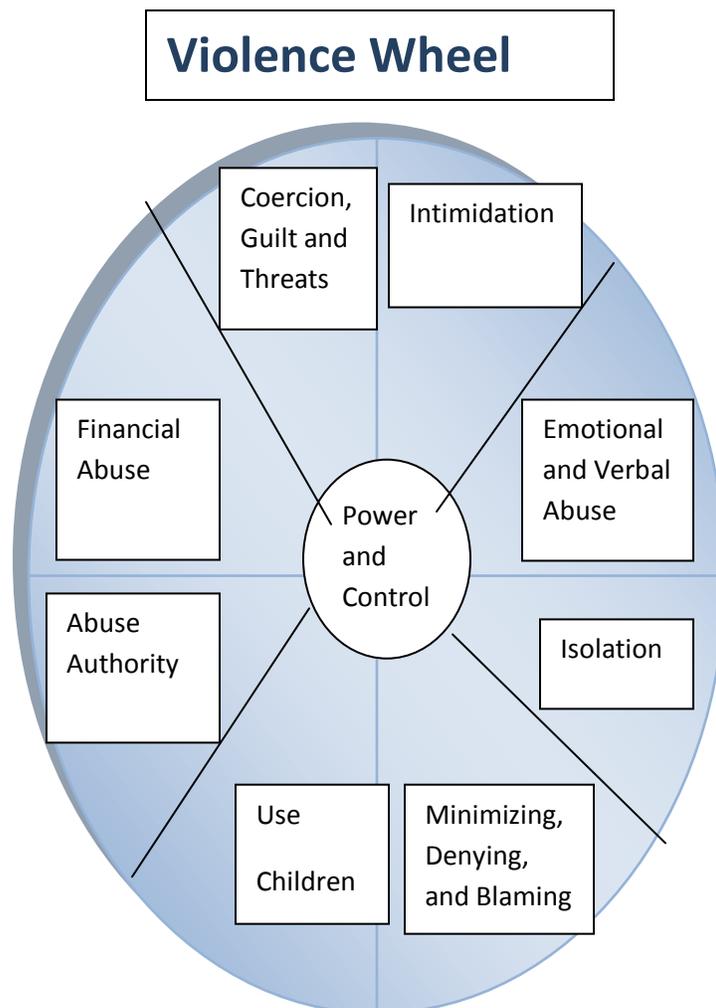


The cycle of abuse is just that a vicious cycle.

The tension building phase—the tension slowly rises, you may notice passive aggression, the abusee begins to fear the next attack, the abusee may attempt to change his/her behavior to keep peace, sometimes they may even escalate the next outburst just to get it over with, warning signs begin to appear, etc.

Acute battering—a violent outburst, explosion in abuser, often referred to as the incident

Honeymoon Phase—the calm {sometimes considered a fourth phase}, apologizes are given and reconciliation is made. This marks the end of the violence, the abuser may make promises to never let the abuse happen again. The abuser may even shower the abusee with affection and gifts, abuser may even show guilt.



Types of Abuse

There are many types of abuse. I'm going to touch on the most common types, but please realize this list is in no way all inclusive.

Physical Abuse—when you hit, punch, shove, slap or touch another person in any way. Other examples of physical abuse: choking, grabbing, pushing, kicking, burning, using weapons, controlling access to health resources, poking, spitting, throwing, and beating. If another person touches you in any of these ways, you have the right to press charges.

Mental Abuse—is when you are told you have problems, need to get better {without any explanation ever given}, you need help {but refuse to take you to obtain help}, plays mind games with you, tells you that you'll never be good enough, etc. {also part of psychological abuse}

Emotional Abuse—plays with your feelings and emotions, keeps you on a rollercoaster, forcing you to do degrading activities, tells you how to act or what to say around friends, shows signs of jealousy, makes accusations and shows distrust, etc. {also part of psychological abuse}

Psychological Abuse—controlling your life, yelling, stalking, controls your activities and transportations, monitors your every action and phone calls, belittles you, constantly calls you selfish, the abuser may be overly sensitive and/or a drama queen, etc. {also part of mental and emotional abuse}

Sexual Abuse—uses sex as a weapon, rape, forcing you to have sex with your partner or another individual, withholding sex, taking pictures without your permission

Financial Abuse—withholds funds, refuses to allow you to pay your bills, controls all access to your money, makes all financial decisions, spends with no regard to you or the budget, the abuser refuses to work, etc.

Spiritual/Religious Abuse—refuses to allow you to attend church, tells you God does not love you, says you have no business worshipping or in Bible Study until you're better, uses religion to suit his {the abusers} needs or wants, calls you evil, etc.

Social Abuse—monitors phone calls and your online presence {Facebook, Twitter, etc}

Animal Abuse—hits, yells, kicks, punches, starves, or tortures an animal or brings them harm in any way

Child Abuse— hits, yells, kicks, punches, starves, or tortures a child or brings them harm in any way; uses the child as a ploy to control an adult

Elder Abuse—mistreating or abusing an elderly person. This can include not bathing them, neglects feeding and medications, and doesn't clean their bed or underwear.

Bullying—calling names, putting down, humiliating, etc.

Self Abuse—threatens to harm self if you leave; or when your pain is so great that you bite, cut, overdose or find any other way to harm yourself.

{These could probably be listed under numerous heading above, but I decided to give this subject its own category because it has been so important in my own life}

Nutritional Abuse—to withhold food, to make you starve, or to force you to eat more than you want or need

Neglect—refusing medical attention, refusing proper hygiene {clean clothes, to bathe, etc}, destroys your clothing, destroys your belongings, refuses to provide proper shelter {leaves you outside in hot/cold, etc}, refuses education for children, etc.

Signs and Effects of an Abused Person

- Low self esteem
- Isolated
- Depression
- Anxiety
- Thoughts that death would be better
- Frequent "accidents" and often wear clothes to hide bruises
- Frequently miss work, school or other social occasions
- Constantly apologizing
- Lies about cuts and bruises
- Illness
- Feels afraid of your partner
- Avoid discussing certain topics
- Believe you're not good enough, worthy or believe to be hurt
- Feel as if you're always walking on eggshells or on a rollercoaster
- Wonder if you're the one that's crazy
- Feels numb or helpless
- Goes out of the way to please their partner
- Personality change {goes from being outgoing to introverted}
- Accepts responsibility for abuser
- Strongly believes in family unity
- Believes abuser will change

Signs of an Abuser

- Rushes the relationship in the beginning
- Puts you down
- Calls you names
- Controls your every action
- Yells at you or humiliates you
- Uses you at his will as a sex object
- Low self esteem
- Very dependent or needy
- Unpredictable temper
- Tries to make you change {hair, makeup, clothes, etc}
- Hits you
- Accuses you of being interested in someone else {ex. Pass stranger in grocery store and accused of wanting to have an expressively intimate relationship}
- Destroys your belongings
- Constantly checks up on you {calling, email, etc}
- Limits access to money, car, phone, friends and family
- Jealousy or possessive
- Blaming {you or others for problems}
- Extreme sensitivity
- Addicted to drama
- Threatens to take your children away
- Substance abuse
- Cruel to animals and/or children
- Unrealistic demands
- Was abused as a child or in a previous relationship
- Experiences sexual dysfunction or impotency
- Explosive temper
- Depressed {often hides it}
- Accepts no blame or responsibility
- Feels no guilt
- Threatens suicide and/or murder
- Threatens your friends and/or family
- Blames you for his actions
- Prevents you from working or taking a job
- Dr. Jekyll and Mr. Hyde syndrome—acts one way in front of others and differently when you're alone

Why do women stay?

- ❖ Lack of finances to leave
- ❖ Believe partner's threats
- ❖ Believe partner's promises to change
- ❖ Fear don't believe anything better
- ❖ Believe religious teaching that require them to stay
- ❖ Embarrassment
- ❖ Low self esteem
- ❖ No support system in place
- ❖ Children
- ❖ Don't want to be divorced again
- ❖ Preserve family reputation
- ❖ Wants to keep "the dream" alive
- ❖ Nowhere to go
- ❖ Fear no one will believe you

What should you do if you've been abused?

- ✓ Call 911
- ✓ Get a restraining Order
- ✓ Call family/friends for refuge
- ✓ Find a Local Shelter {at least call them for information}
- ✓ Call the national hotline number

Note: I always wished I'd had a tiny tape recorder to actually record the incidence. If you can afford to buy one I strongly advise you to do so and keep it hidden. Have a trusted family member or friend keep a copy of the tape or digital copy. With the advances in technology it shouldn't be too hard. You can purchase a digital tape recorder for \$50-\$100 at a number of stores. Some are small enough they will fit in your pocket.

Dealing with Law Enforcement

I worked with law enforcement officials for a while and the officers I worked with encouraged me to call the police whenever there was an incident. I quickly discovered there were both pros and cons making that call. The biggest thing that churned my stomach was when Duncan would call me all sorts of terrible names until the cops arrived. Then the moment they were there he was sugary sweet, calling me honey and baby and telling the cops “I don’t understand why she keeps going off the deep end.” Also, each time I called there was considerable retaliation.

Pros: Protection, brings peace, sort out argument, take away abuser, file a report of domestic violence

Cons: the abuser **will** retaliate, the abuser might blame you to the authorities, and your neighbors might look down on you

***Remember:** If you are not married and living in someone else’s home and call the police, you may pay dearly for this. If you press charges, use that opportunity to get out and to a safe place before the abuser is released from police custody.

What the Bible says about Abuse

I was raised to believe that marriage is forever. I had a difficult time deciding to exit such an unhealthy relationship. I spent a lot of time in prayer and seeking God's will. While I believe God wants us to do everything possible to make a marriage work, I also believe he wants us to be in a safe environment.

Many churches still look down on abuse, domestic violence and divorce. However, with the rise of these issues some churches are more tolerant than they were in the past. Unfortunately if the abuser is a pillar of society or the church, the possibility of not being supported is very high.

My story: *There were warning signs early on, but I refused to acknowledge them. At the beginning of my relationship to Duncan, I had an afternoon where my insides were in knots. I didn't understand it at the time, but now I see that God was trying to warn me to run from this situation. I was so blinded and in love that I begged God to give me a chance with him. "I can't live without this man," I told God. God allowed me my free will, and I realized how wrong I was. When I turned to God for help in getting out of the relationship, God provided a way out.*

When we went to counseling, I was told the entire way there what to say. When I didn't say what I was supposed to, I was berated the entire way home, told I needed to get better and God would never love me until I was healed. However, when I asked how to get better, no explanation could be given. We attended church for a while, but after each service I was told how that message related to my need to "get better". I began pulling up an online devotional but when Duncan caught me reading the devotional the computer was taken away from me. I was told "until you're better you have no business reading this." I was raised in a Christian home and recognized the lie for what it was. I feel asleep nightly pouring my heart, loneliness and pain out to God. I had no one else to talk to about everything I was going through.

When we were visiting another country the abuse escalated to the point I was physically sick by what I was being forced to participate in. I entered a nearby church and stayed for two hours. During that time I submitted to God's will and told him this relationship was his, even if that meant we were no longer together. After that I felt a peace I'd not felt in a long time. Things did not change right away, but less than five months later {after things got considerably worse} I was out of that relationship for good.

*During those five months I did try to leave for good. I asked God for a sign and when I read my online devotional that afternoon the verse was **"Better to live on a corner of a roof than to share a home with a quarreling woman."** Proverbs 21:9 (GW). I knew in that instant that I was not in God's will. He confirmed that believe a few hours later when I heard from a family member I'd not talked with in over three years.*

At the end of this book is a list of scriptures for you to study. I encourage you to print these out and read at least one a day. Then seek God's will in your own life and situation. I strongly urge you to submit to God's plan for your life. Allow him to be in the driver's seat.

Getting Out of an Abusive Situation

Leaving is not easy. On average a woman leave seven times before she stays gone. The unknown can be very scary and not knowing if the abuser will fulfill his threats is even more frightening.

If the abuser hits you, call the police and press charges. He should be held long enough for you to get away {but do so right away}. If you hit the abuser in retaliation or frustration, remember he has the right to press charges against you.

One of the biggest reasons women cannot leave is because she does not have the finances. Shortly before leaving I went to a nearby bank and set up a bank account with \$5. I was able to have my bank statements sent to work. {If this isn't an option get a PO Box or have it sent to the address of a friend/family member you can trust}. If you have direct deposit you may be able to arrange for a small amount to be put into this new account {you know how much would be missed, whether \$5 or \$25}. Building up your bank account will take time, but at least you're moving towards moving into a safer situation. **Do NOT tell your spouse about this account.**

Here is a list of some possible places to turn for help to leave:

Hospital—if you've been injured and need medical attention

Shelters—provide a place to sleep for you and your children; have support services to help you get on your feet

Friends/Family—is there a friend or family member you can stay with. If you fear for your safety you may want to have a friend or family member make arrangements for you to stay in another safe place.

Children—take all precautions when children must see the other parent; seek out police protection if necessary; definitely obtain legal counsel

Often once divorce proceedings begin, the opportunity for violence escalates. The abuser realizes he is losing you. Depending on the state laws you may also have to list your current residence. Take every precaution necessary, and definitely seek legal counsel. If you fear for your safety seek police protection or take a friend/family member with you.

Items to Prepare to Leave

- ✓ Packed suitcase {with clothes and toiletries}
- ✓ Extra set of keys
- ✓ Evidence of physical abuse {Take pictures when abuse occurs, keep a written record of the abuse}
- ✓ Plan safest time to get away
- ✓ Plan to take your children with you {pack a special toy for each child if possible}
- ✓ Arrange a signal with a neighbor
- ✓ I strongly urge you to contact a lawyer
- ✓ Contact the local shelters and talk with them {they will give you some good advice and help you make plans to get out}
- ✓ Get copies of important papers {birth certificates, marriage license, credit cards, license/ID cards, life and health insurance information, etc}

What to do if you're an abuser?

If you realize that you are abusing your partner, then I strongly encourage you to seek professional counseling. While you are seeking therapy it may be wise to temporarily separate from your partner until you feel you can control your temper. This is a decision you and your partner will have to determine. I just encourage you to first be honest with yourself, ask for God's help in controlling your temper and then seeking professional assistance.

When Women Abuse

When we hear that someone is being abused we usually think a woman is being abused by a man. However, there are also women who abuse men and there can even be domestic violence situations between a homosexual couples.

Why do you not hear about these situations as often?

- Men don't like to admit to friends, co-workers or family that they are being abused
- Men are taught they should be the man of the family and may feel emasculated
- Shame
- Fear
- Men have been taught not to hit a woman
- He wants to do anything/everything to make her happy
- He becomes her personal slave and/or patsy
- Men retaliate in anger, strengthening the abusive cycle now that both partners express signs of violence

Children

We often hear about child abuse. I encourage you that if you know a child being abused to contact the authorities.

In domestic violence cases, children are often used as a pawn in the situation. Not having children of my own, I never had to deal with this issue. My biggest advice is to make sure the child is safe and out of harm's way.

Possible ways children may be used:

- custody fights
- monitor
- control the battered victim

Anger

The longer the abuse occurred and the more I was forced into distasteful situations and circumstances the angrier I became. I found myself reacting in anger. I realized I was harboring hate in my heart. I was angry at myself for staying, angry that I had no means to get out and angry at my abuser and the situation.

Anger is an emotion and it's easy to allow this emotion to rule you and get you in trouble. The trouble comes when we allow our actions to be dictated by anger. I prayed for a long time that God would help me with my anger. My outlook and heart did not change overnight, but over the course of the next six months to a year I did see and feel a dramatic change in my outlook and heart, even in the midst of my circumstances.

What to do if you get angry?

- ❖ Walk away
- ❖ Use "I" statements when speaking to express how you feel {this keeps you from accusing}
- ❖ Take time to think things through
- ❖ Don't get a 3rd party involved
- ❖ Calm down before approaching the subject again

Forgiveness

Forgiving does not mean that you've forgotten. However, unless you want the memories and pain to eat away at you and turn you into a very sour person you need to forgive. I had to forgive my abuser over and over and over again. There were times when I did not want to forgive, but I knew I had to. Forgiving another person is a decision only you can make. Forgiveness also affects your well being. Resentment can actually cause physical illness.

When is restoration of the relationship possible?

- When the abuser acknowledges they have a problem
- When true repentance is made
- When the abuser {and person that has been abused} received separate professional help {later you can seek joint counseling}
- When the person that has been abused feels safe
- When any restraining orders have expired
- If and only if the person that has been abused wants to

Finding Healing

You will need to find healing. Please realize this is going to take time and work. My relationship lasted only about four years, but it took me two years to work through my grief and feelings. Please allow yourself time to grieve, you have that right. Emotionally this is a death to mourn the loss of the dreams you had for your relationship/marriage. After my first marriage I could not afford counseling and I was full of anger. This affected my thoughts and outlook and eventually led to another abusive relationship. Research shows that people who have been abused are more likely to fall into another abusive relationship without the help of counseling. I encourage you to seek out help.

I encourage you to seek out help. Listed below are a few resources:

Professional Counseling—many insurance companies provide a limited amount of counseling at a reduced price. Check with your insurance company. If you have no insurance and do not have the funds to pay a counselor search for a free clinic, etc.

Shelters—often offer a weekly support group

DivorceCare—many churches now offer this twelve week program.

Celebrate Recovery—many churches now offer this ongoing program.

Moving On

Moving on takes time. Move at a pace you're comfortable with. Surround yourself with friends and family you know you can trust. Allow yourself the chance to grieve and mourn the loss of your relationship.

While we all want to be loved, I strongly urge you not to rush into a new relationship. I'm not saying never find anyone else, but I am saying take your time. Don't fall back into the same trap you just left.

Helping Others

Do you know someone being abused? Do you long to help them?

What you can do?

- ✓ Pray for them
- ✓ Ask if anything is wrong
- ✓ Express concern
- ✓ Listen
- ✓ Offer help
- ✓ Support decision

What you shouldn't do?

- Wait for him/her to come to you
- Blame or judge
- Put pressure on person
- Place conditions on your support
- Give advice

Leaving is a very difficult and scary decision. You're leaving your safety and security to enter into the unknown. Even knowing you're going to be better off, it's still terrifying. People will give you support and assistance; however they're human and will only take so much.

My Story—*Three months before I left for good, I left Duncan. I had no money and no where to stay, but I couldn't bear the thought of returning to that house. My co-workers were going to pool resources together to get me through the next two weeks until payday. This lasted for two days before I returned to him. I lost all of my friends and their respect in that move. Three weeks later I also lost my job because I returned. Beware that although you're hurting, if you keep see-sawing you will lose friends and their respect.*

What I've learned

- I cannot make someone else love me
- I'm only as worthy as I allow myself to be
- I am not alone
- There is hope
- God wants so much more for me
- Getting out and moving on will not be easy
- Trust can be destroyed in seconds
- People's actions speak louder than their words
- It is much easier to react than I think it will be
- I am responsible for what I do
- I will never get back the years wasted in a toxic relationship
- I don't want to live on a constant rollercoaster
- Some people don't know how to show their hearts
- I may love someone, but if the relationship is detrimental to my health I have to love myself and that person enough to walk away {believe me this is NOT easy, but worth it}
- Anger will eat away at me, until I choose to let go
- Forgiveness takes time and a lot of practice
- I don't need to rush a relationship
- I am only as good and healthy as I allow myself to be
- I deserve only the best in life

In Closing

I hope the information provided in this booklet has been a help to you. If you are in an abusive relationship I encourage you to assess your situation and make the necessary changes needed {whether that means leaving, getting counseling, etc}.

Resources for You

National Domestic Violence Hotline 1-800-799-SAFE (7233)

www.dvasc.org

Domestic Violence Assistance

www.ndvh.org

National Domestic Violence Website

www.health-first.org

List signs of abusive relationship

<http://www.thehotline.org/>

www.bwjp.org

Battered Women's Justice Project

www.endabuse.org

National Health Center on Domestic Violence

www.ncifcj.org/dept/fvd

Resource Center on Domestic Violence, Child Protection and Custody

In South Carolina {if you're in another state, please check for resources in your local area}

www.compassofcarolina.org Compass of Carolina

South Carolina Coalition Against Domestic Violence and Sexual Assault

(800) 260-9293 Nationwide

www.sccadvasa.org

South Carolina Legal Services

www.sccej.org

1-888-346-5592

Recommended Books:

Friends, Family, and Foes: Learning How to Recognize and Stop the Cycle of Domestic Violence

by Edie Melson

{to be published Fall 2012}

No Weapon Found

Phoebe Legette

{to be published in 2013}

Scripture Resources

Here are 75 scripture verses that I hope will give you some guidance and direction. I encourage you to print them out and read several every day. The Book of Psalms and Book of Proverbs are also great books to turn to for guidance and direction.

"And God created man in his own image, in the image of God created he him; male and female created he them." Genesis 1:27 (ASV)

"For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as God, knowing good and evil." Genesis 3:5 (ASV)

"Never steal, lie, or deceive your neighbor. "Never swear by my name in order to deceive anyone. This dishonors the name of your God. I am the Lord. "Never oppress or rob your neighbor. Never keep the pay you owe a hired worker overnight. Never curse deaf people or put anything in the way of blind people to make them stumble. Instead, fear your God. I am the Lord. "Don't be corrupt when administering justice. Never give special favors to poor people, and never show preference to important people. Judge your neighbor fairly. Never gossip. Never endanger your neighbor's life. I am the Lord." Leviticus 19:11-16 (GW)

"If I have rewarded evil unto him that was at peace with me; (Yea, I have delivered him that without cause was mine adversary;) Let the enemy pursue my soul, and overtake it; Yea, let him tread my life down to the earth, And lay my glory in the dust." Psalms 7:4-5 (ASV)

"Jehovah trieth the righteous; But the wicked and him that loveth violence his soul hateth. Upon the wicked he will rain snares; Fire and brimstone and burning wind shall be the portion of their cup. For Jehovah is righteous; He loveth righteousness: The upright shall behold his face." Psalms 11:5-7 (ASV)

"I hate the assembly of evil-doers, And will not sit with the wicked." Psalms 26:5 (ASV)

"Keep thy tongue from evil, And thy lips from speaking guile. 14 Depart from evil, and do good; Seek peace, and pursue it." Psalms 34:13-14 (ASV)

"Cease from anger, and forsake wrath: Fret not thyself, it tendeth only to evil-doing." Psalms 37:8 (ASV)

"But he, being merciful, forgave their iniquity, and destroyed them not: Yea, many a time turned he his anger away, And did not stir up all his wrath." Psalms 78:38 (ASV)

"He cast upon them the fierceness of his anger, Wrath, and indignation, and trouble, A band of angels of evil." Psalms 78:49 (ASV)

"A perverse heart shall depart from me: I will know no evil thing." Psalms 101:4 (ASV)

"I have refrained my feet from every evil way, That I might observe thy word. I have not turned aside from thine ordinances; For thou hast taught me." Psalms 119:101-102 (ASV)

"Deliver me, O Jehovah, from the evil man; Preserve me from the violent man: Who devise mischiefs in their heart; Continually do they gather themselves together for war. They have sharpened their tongue like a serpent; Adders' poison is under their lips." Psalms 140:1-3 (ASV)

"Keep me, O Jehovah, from the hands of the wicked; Preserve me from the violent man: Who have purposed to thrust aside my steps." Psalms 140:4 (ASV)

"To deliver thee from the way of evil, From the men that speak perverse things; Who forsake the paths of uprightness, To walk in the ways of darkness; Who rejoice to do evil, And delight in the perverseness of evil; Who are crooked in their ways, And wayward in their paths" Proverbs 2:12-15 (ASV)

"Be not wise in thine own eyes; Fear Jehovah, and depart from evil" Proverbs 3:7 (ASV)

"In whose heart is perverseness, Who deviseth evil continually, Who soweth discord. Therefore shall his calamity come suddenly; On a sudden shall he be broken, and that without remedy." Proverbs 6:14-15 (ASV)

"There are six things which Jehovah hateth; Yea, seven which are an abomination unto him: Haughty eyes, a lying tongue, And hands that shed innocent blood; A heart that deviseth wicked purposes, Feet that are swift in running to mischief, A false witness that uttereth lies, And he that soweth discord among brethren." Proverbs 6:16-19 (ASV)

"Blessings are upon the head of the righteous; But violence covereth the mouth of the wicked." Proverbs 10:6 (ASV)

"Hatred stirreth up strifes; But love covereth all transgressions." Proverbs 10:12 (ASV)

"Wise men lay up knowledge; But the mouth of the foolish is a present destruction." Proverbs 10:14 (ASV)

"The desire of the righteous is only good; But the expectation of the wicked is wrath." Proverbs 11:23 (ASV)

"The wicked desireth the net of evil men; But the root of the righteous yieldeth fruit." Proverbs 12:12 (ASV)

"Walk with wise men, and thou shalt be wise; But the companion of fools shall smart for it. Evil pursueth sinners; But the righteous shall be recompensed with good. A good man leaveth an inheritance to his children's children; And the wealth of the sinner is laid up for the righteous." Proverbs 13:20-22 (ASV)

"The wicked is thrust down in his evil-doing; But the righteous hath a refuge in his death. Wisdom resteth in the heart of him that hath understanding; But that which is in the inward part of fools is made known." Proverbs 14:32-33 (ASV)

"A prudent man seeth the evil, and hideth himself; But the simple pass on, and suffer for it." Proverbs 22:3 (ASV)

"Fret not thyself because of evil-doers; Neither be thou envious at the wicked: For there shall be no reward to the evil man; The lamp of the wicked shall be put out." Proverbs 24:19-20 (ASV)

"A prudent man seeth the evil, and hideth himself; But the simple pass on, and suffer for it." Proverbs 27:12 (ASV)

"She doeth him good and not evil All the days of her life." Proverbs 31:12 (ASV)

"Evil devices are an abomination to Jehovah; But pleasant words are pure." Proverbs 15:26 (ASV)

"Jehovah hath made everything for its own end; Yea, even the wicked for the day of evil." Proverbs 16:4 (ASV)

"An evil-doer giveth heed to wicked lips; And a liar giveth ear to a mischievous tongue." Proverbs 17:4 (ASV)

"A worthless man deviseth mischief; And in his lips there is as a scorching fire. A perverse man scattereth abroad strife; And a whisperer separateth chief friends. A man of violence enticeth his neighbor, And leadeth him in a way that is not good. He that shutteth his eyes, it is to devise perverse things: He that compresseth his lips bringeth evil to pass. The hoary head is a crown of glory; It shall be found in the way of righteousness. He that is slow to anger is better than the mighty; And he that ruleth his spirit, than he that taketh a city." Proverbs 16:27-32 (ASV)

"An evil man seeketh only rebellion; Therefore a cruel messenger shall be sent against him." Proverbs 17:11 (ASV)

"The beginning of strife is as when one letteth out water: Therefore leave off contention, before there is quarrelling. He that justifieth the wicked, and he that condemneth the righteous, Both of them alike are an abomination to Jehovah." Proverbs 17:14-15 (ASV)

"A soft answer turneth away wrath; But a grievous word stirreth up anger. The tongue of the wise uttereth knowledge aright; But the mouth of fools poureth out folly." Proverbs 15:1-2 (ASV)

"A man of great wrath shall bear the penalty; For if thou deliver him, thou must do it yet again." Proverbs 19:19 (ASV)

"It is better to dwell in the corner of the housetop, Than with a contentious woman in a wide house." Proverbs 21:9 (ASV)

"The soul of the wicked desireth evil: His neighbor findeth no favor in his eyes." Proverbs 21:10 (ASV)

"It is better to dwell in a desert land, Than with a contentious and fretful woman." Proverbs 21:19 (ASV)

"He that soweth iniquity shall reap calamity; And the rod of his wrath shall fail. He that hath a bountiful eye shall be blessed; For he giveth of his bread to the poor. Cast out the scoffer, and contention will go

out; Yea, strife and ignominy will cease. He that loveth pureness of heart, For the grace of his lips the king will be his friend. The eyes of Jehovah preserve him that hath knowledge; But he overthroweth the words of the treacherous man." Proverbs 22:8-12 (ASV)

"Wrath is cruel, and anger is overwhelming; But who is able to stand before jealousy? on true love Better is open rebuke Than love that is hidden. Faithful are the wounds of a friend; But the kisses of an enemy are profuse." Proverbs 27:4-6 (ASV)

"As coals are to hot embers, and wood to fire, So is a contentious man to inflame strife." Proverbs 26:21 (ASV)

"A continual dropping in a very rainy day And a contentious woman are alike" Proverbs 27:15 (ASV)

"This is the end of the matter; all hath been heard: fear God, and keep his commandments; for this is the whole duty of man. For God will bring every work into judgment, with every hidden thing, whether it be good, or whether it be evil." Ecclesiastes 12:13-14 (ASV)

"Put away the evil of your doings from before mine eyes; cease to do evil; learn to do well; seek justice" Isaiah 1:16-17 (ASV)

"Woe unto them that call evil good, and good evil; that put darkness for light, and light for darkness; that put bitter for sweet, and sweet for bitter! Woe unto them that are wise in their own eyes, and prudent in their own sight!" Isaiah 5:20-21 (ASV)

"Shall evil be recompensed for good? for they have digged a pit for my soul. Remember how I stood before thee to speak good for them, to turn away thy wrath from them." Jeremiah 18:20 (ASV)

"Thus saith Jehovah: Execute ye justice and righteousness, and deliver him that is robbed out of the hand of the oppressor: and do no wrong, do no violence, to the sojourner, the fatherless, nor the widow; neither shed innocent blood in this place." Jeremiah 22:3 (ASV)

"I am the man that hath seen affliction by the rod of his wrath. He hath led me and caused me to walk in darkness, and not in light." Lamentations 3:1-2 (ASV)

"And in that day I will punish all those that leap over the threshold, that fill their master's house with violence and deceit." Zephaniah 1:9 (ASV)

"Yet ye say, Wherefore? Because Jehovah hath been witness between thee and the wife of thy youth, against whom thou hast dealt treacherously, though she is thy companion, and the wife of thy covenant." Malachi 2:14 (ASV)

"For I hate putting away, saith Jehovah, the God of Israel, and him that covereth his garment with violence, saith Jehovah of hosts: therefore take heed to your spirit, that ye deal not treacherously. Ye have wearied Jehovah with your words. Yet ye say, Wherein have we wearied him? In that ye say, Every one that doeth evil is good in the sight of Jehovah, and he delighteth in them; or where is the God of justice?" Malachi 2:16-17 (ASV)

"Ye have heard that it was said to them of old time, Thou shalt not kill; and whosoever shall kill shall be in danger of the judgment: 22 but I say unto you, that everyone who is angry with his brother shall be in danger of the judgment" Matthew 5:21-22 (ASV)

"And if thy brother sin against thee, go, show him his fault between thee and him alone: if he hear thee, thou hast gained thy brother. But if he hear thee not, take with thee one or two more, that at the mouth of two witnesses or three every word may be established. And if he refuse to hear them, tell it unto the church: and if he refuse to hear the church also, let him be unto thee as the Gentile and the publican. Verily I say unto you, what things soever ye shall bind on earth shall be bound in heaven; and what things soever ye shall loose on earth shall be loosed in heaven. Again I say unto you, that if two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my Father who is in heaven. For where two or three are gathered together in my name, there am I in the midst of them." Matthew 18:15-20 (ASV)

"I say unto you, that even so there shall be joy in heaven over one sinner that repenteth, more than over ninety and nine righteous persons, who need no repentance." Luke 15:7 (ASV)

"And he said unto his disciples, It is impossible but that occasions of stumbling should come; but woe unto him, through whom they come! It were well for him if a millstone were hanged about his neck, and he were thrown into the sea, rather than that he should cause one of these little ones to stumble. Take heed to yourselves: if thy brother sin, rebuke him; and if he repent, forgive him. And if he sin against thee seven times in the day, and seven times turn again to thee, saying, I repent; thou shalt forgive him." Luke 17:1-4 (ASV)

"In love of the brethren be tenderly affectionate one to another; in honor preferring one another." Romans 12:10 (ASV)

"Know ye not that your bodies are members of Christ? shall I then take away the members of Christ, and make them members of a harlot? God forbid." 1 Corinthians 6:15 (ASV)

"These things have become examples for us so that we won't desire what is evil, as they did." 1 Corinthians 10:6 (GW)

"Finally, brethren, farewell. Be perfected; be comforted; be of the same mind; live in peace: and the God of love and peace shall be with you." 2 Corinthians 13:11 (ASV)

"Brethren, even if a man be overtaken in any trespass, ye who are spiritual, restore such a one in a spirit of gentleness; looking to thyself, lest thou also be tempted. Bear ye one another's burdens, and so fulfill the law of Christ." Galatians 6:1-2 (ASV)

"Let no corrupt speech proceed out of your mouth, but such as is good for edifying as the need may be, that it may give grace to them that hear." Ephesians 4:29 (ASV)

"Let all bitterness, and wrath, and anger, and clamor, and railing, be put away from you, with all malice: and be ye kind one to another, tenderhearted, forgiving each other, even as God also in Christ forgave you." Ephesians 4:31-32 (ASV)

"Let no man deceive you with empty words: for because of these things cometh the wrath of God upon the sons of disobedience." Ephesians 5:6 (ASV)

"Husbands, love your wives, even as Christ also loved the church, and gave himself up for it" Ephesians 5:25 (ASV)

"In addition to all these, take the Christian faith as your shield. With it you can put out all the flaming arrows of the evil one. Also take salvation as your helmet and the word of God as the sword that the Spirit supplies." Ephesians 6:16-17 (GW)

"Husbands, love your wives, and be not bitter against them." Colossians 3:19 (ASV)

"To speak evil of no man, not to be contentious, to be gentle, showing all meekness toward all men" Titus 3:2 (ASV)

"Let us consider one another to provoke unto love and good works" Hebrews 10:24 (ASV)

"Ye know this, my beloved brethren. But let every man be swift to hear, slow to speak, slow to wrath: for the wrath of man worketh not the righteousness of God." James 1:19-20 (ASV)

"If any man thinketh himself to be religious, while he bridleth not his tongue but deceiveth his heart, this man's religion is vain." James 1:26 (ASV)

"Out of the same mouth cometh forth blessing and cursing. My brethren, these things ought not so to be." James 3:10 (ASV)

"My brethren, if any among you err from the truth, and one convert him; let him know, that he who converteth a sinner from the error of his way shall save a soul from death, and shall cover a multitude of sins." James 5:19-20 (ASV)

"Ye husbands, in like manner, dwell with your wives according to knowledge, giving honor unto the woman, as unto the weaker vessel, as being also joint-heirs of the grace of life; to the end that your prayers be not hindered." 1 Peter 3:7 (ASV)



Thank you for signing up for my blog and newsletter. I hope you will stop by my website often.

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