

A Healthy Relationship is:

- **Negotiation and Fairness.** Seeking mutually satisfying resolutions to conflict. Accepting change. Being willing to compromise.
- **Non-threatening.** Talking and acting so that she/he feels safe and comfortable expressing himself/herself and doing things.
- **Respect.** Listening to him/her non judgmentally. Being emotionally affirming and understanding. Valuing opinion.
- **Trust and Support.** Supporting his/her goals in life. Respecting his/her right to his/her own feelings, friends, activities, and opinions.
- **Honesty and Accountability.** Accepting responsibility for self. Communicating openly and truthfully.
- **Responsible Parenting.** Sharing parental responsibilities. Being a positive non-violent role model for children.
- **Shared Responsibility.** Mutually agreeing on a fair distribution of work. Making decisions together.
- **Economic Partnership.** Making money decisions together. Making sure both partners benefit from financial arrangements.

We believe all people have a right to a life free of physical violence, sexual assault, verbal/emotional abuse, and restriction of personal liberties.

We believe that violence is a societal problem, a learned behavior, and with intervention and education, the cycle of violence can be broken.

We believe in the worth, dignity, and uniqueness of the individual, and we support these values through education, personal growth, self-reliance, and self-determination.

This pamphlet is sponsored in part by the Office of the Attorney General: Division of Victim Services.

CIS is available to all people without regard to race, color, sex, national origin, religion, political beliefs, sexual orientation, ability or disability.

The information contained within this brochure is provided by CIS for educational and informational purposes only. It is not a substitute for professional legal advice. If you have legal questions, please consult an attorney.



Emotional Abuse

Toll Free 24-Hour Crisis Line
1-877-864-9688

Cody Office
1220 13th St.
Cody, WY
307-272-4754

Powell Office*
335 N. Gilbert Street
Powell, WY
307-754-7959
Fax: 307-754-4448

*Powell office is ADA accessible



Emotional Abuse:

A pattern of behaviors that characterizes a relationship and gives one person power over another. When one person is using emotional abuse to control another, they are destroying that person's self concept, and causing that person to become so uncertain they can't trust their own judgment.

Enforcement of Trivial Demands

- Your partner insists that activities take place in precise ways or at precisely designated times.
- Interrupts your work, or other things that are important to you, to get his or her needs met.
- Demands that you wear only approved clothing, jewelry, etc. Insists you perform menial services, or inspects your work and makes hypercritical comments.
- Demands detailed reports of hourly activities.

Humiliation

- Your partner forces you to do things that are against your religious or moral values.
- Ridicules the traits you admire or value most in yourself.
- Tells you no one else would want you.
- Has talked you into doing something, and then made you feel guilty or ashamed about it.
- Forces you to apologize for things you didn't do.

- Insists you ask permission to spend money for household or personal items, whether the money is a community fund or your own income.
- Calls you names with sexual connotations.
- Flaunts relationships or flirts with others while in your presence.

Isolation

- Your partner ridicules or insults people you like.
- Is jealous of your friends, family, and even pets.
- Intercepts your mail or telephone calls.
- Becomes angry or upset, dampening your enthusiasm just before or during a social event you've looked forward to.
- You discourage people from telephoning you at home because your partner resents sharing your time.
- Have fewer contacts and activities with friends and family than before you began the relationship.
- Feel uneasy about being with your partner and your friends at the same time.
- Feel nervous or frightened of what your partner will say or do if you are even a few minutes late from work, shopping or visiting others.

Monopolization of Perception

- You feel that your opinions and decisions must have your partner's approval.
- You are overpowered by your partner's presence whether or not he or she is with you.
- You speak carefully, or avoid speaking, so you won't risk upsetting your partner.
- You time your activities to avoid their being noticed by your partner.
- You feel you're "walking on egg shells."

Superiority of Power

- Your partner claims: to be exceptionally bright or knowledgeable, or to have extraordinary powers.
- Be more aware of the ways of the world than you are.
- To have friends and contacts that report your activities when you are away from home.
- To know the "right" way to do things and that you don't know what is "right."

You Can

- View yourself in a new light
- Take satisfaction in whatever work you do at home or on a paid job.
- Begin to do pleasurable things.
- Enjoy yourself.
- Interact with others who appreciate you
- Learn/use new skills to deal with conflict and criticism.
- Attend support groups
- React in a different way.

You Have Choices

- **You can get help**-CIS will give you options and be with you every step of the way.
- **You can leave**-CIS may be able to provide shelter, food, clothing, and referrals to other resources in the community.
- **You can stay**- If your decision is to stay, remember CIS is always here for you when you need to talk.