

Do You . . .

- Sometimes feel scared of how your partner will act?
- Constantly make excuses to other people for your partner's behavior?
- Believe that you can help your partner change, if only you changed something about yourself?
- Try not to do anything that would cause conflict or make your partner angry?
- Feel like no matter what you do, your partner is never happy with you?
- Always do what your partner wants you to do instead of what you want?
- Stay with your partner, only because you are afraid of what your partner would do if you end the relationship?
- Have friends or family members concerned for your safety and well-being?

Remember— No one deserves to be abused!!

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.

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The Abusive Relationship Signs to Look For

**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



Types of Abuse:

Abuse in a relationship is defined as a range of physical assaults, emotional mistreatment, manipulation, and/or threats of harm. Assaults can be anything from name calling, sexually inappropriate jokes, to actions, such as throwing objects, pushing and shoving, to severe battering, rape, and use of weapons to cause harm or instill fear.

Verbal & Emotional Abuse:

- Name calling
- Jealousy or possessiveness
- Withholding affection
- Threats or intimidation
- Screaming or raging
- Isolation from support system

Physical Abuse:

- Pushing and shoving
- Slapping, hitting, or kicking
- Hitting with objects
- Holding against one's will
- Use of weapons against someone

Sexual Abuse:

- Forced to have sex
- Coerced into sexual relations
- Sexual harassment
- Abusive treatment to breasts, buttocks, and/or genitals

Signs of an Abusive Personality:

Does your partner. . .

- Embarrass or make fun of you in front of your family or friends?
- Act jealous or possessive?
- Constantly checking up on you?
- Scare you or threaten you in any way?
- Act violently or have a history of violent behavior?
- Abuse drugs or alcohol and/or pressure you to do the same?
- Have to be in control of the relationship?
- Put down your accomplishments or goals?
- Make you feel like they are smarter and that you are unable to make decisions?
- Use intimidation or threats to get their own way?
- Destroy your property or be cruel to your pets?
- Treat you roughly— grab, push, pinch, shove, or hit you?
- Show up to make sure you are where you said you'd be?
- Use drugs or alcohol as an excuse for saying hurtful things or abusing you?

- Blame you for how they feel?
- Pressure you sexually for things you don't want to do?
- Make you feel like there is no way out of the relationship?
- Prevent you from going to do things you want to do— like visiting friends or family, or wanting to be by yourself?
- Keep you from leaving after a fight or go somewhere after a fight to “teach you a lesson?”
- Make you feel like everything that doesn't go right is your fault?
- Tell you what to wear or what to look like?
- Blame other people or circumstances for his or her own actions?

RED FLAGS:

- Jealousy
- Controlling behavior
- Quick involvement/commitment
- Unrealistic expectations
- Rigid sex roles
- Dr. Jekyll & Mr. Hyde behavior
- Past battering
- Threats of violence
- Breaking or striking objects
- Any force during an argument