

what constitutes a healthy relationship?

- ✓ Seeking mutually satisfying resolutions to conflict.
- ✓ Discussing problems and accepting change.
- ✓ Being willing to compromise.
- ✓ Being emotionally affirming, valuing opinions.
- ✓ Respecting each other's rights to feelings, friends, activities and opinions.
- ✓ Shared responsibility – mutual agreement of fair distribution of work.
- ✓ Making decisions together.
- ✓ Mutual respect.
- ✓ Honesty and accountability.
- ✓ Trust and support.
- ✓ Non-threatening behaviour.
- ✓ Responsible parenting – being a positive role model for children.
- ✓ Economic partnership – making financial decisions together, where both benefit.

*Did you know...
Domestic violence happens within all communities, regardless of family circumstances.
You're not alone.*

helpful phone numbers

If you're in immediate danger call:

POLICE 000

For non-emergencies call:
POLICE 131 444

Koolkuna Domestic Violence
Advocacy Service
08 9274 7545

Koolkuna Supported Housing and
Outreach Service
08 9250 5077

Koolkuna Women's Refuge
08 9255 2202

Women's Domestic Violence Help Line
08 9223 1188 or free call 1800 007 339

Men's Domestic Violence Help Line
08 9223 1199 or free call 1800 000 599

Kid's Help Line
Free call 1800 551 800



www.koolkuna.org.au



psychological abuse

What is psychological abuse and how does it affect you?

Do you lack confidence or self-esteem?

What creates a healthy relationship?

*You're not to blame.
It's not your fault.*



[safe place]

recognition of psychological abuse

Psychological abuse can be hard to recognise.

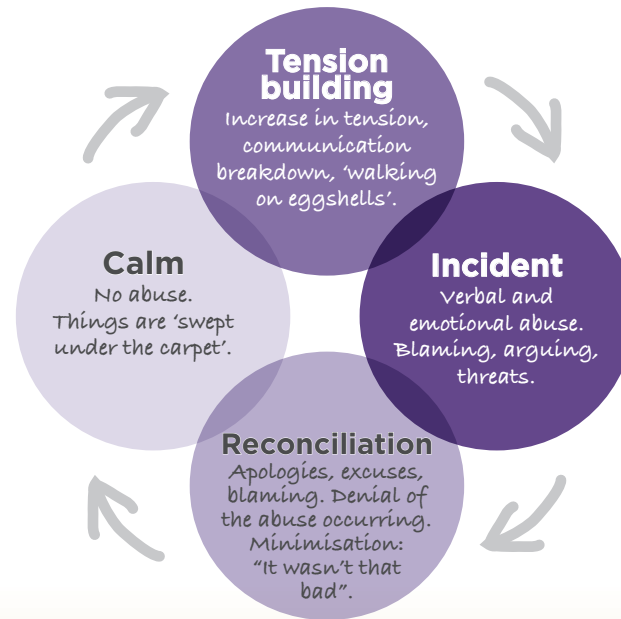
Psychological abuse can make a person feel powerless, fearful or dependent.

Over time the impact becomes stronger.

Your self-esteem and happiness might be diminished by:

- Being frequently **criticised, humiliated or undermined**.
- Being **ridiculed** for expressing yourself.
- Becoming **more isolated** from family, friends and groups.
- Being **blamed** for your partner's behaviour.
- Feeling doubt, confusion or uncertainty. You may feel like you're **going 'crazy'**.
- Being **afraid** of your partner.

CYCLE OF ABUSE



what constitutes psychological abuse?

The use of obscenities, threats, insults, harassment, put-downs, name-calling, being ignored, invalidated, ridiculed, humiliated, criticised, threatened, blackmailed, forced, privileges with-held, guilt tactics, mind games, implied 'craziness', exclusion (e.g. from decision making), jealousy, fear tactics and isolation.

some facts about psychological abuse

Psychological abuse can be as damaging as physical abuse to a person's self-confidence and how they feel about themselves.

Psychological abuse is not unlike being brainwashed. It's a form of control that seeks power over another person. This is achieved by controlling a person's time, physical environment and behaviour through verbal or emotional put-downs, behaviours and manipulation that can be very subtle and consistent.

You may notice:

- **Your discussions with your partner are steered towards subjects he/she wants to discuss instead of what's bothering you.**
- **Your partner won't discuss if his/her behaviour has been unacceptable.**
- **Your partner tries to instill his/her idea of how you should behave or what attitudes you should have.**
- **You have no real input or chance to express your opinion.**