

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?

Crisis Intervention Services

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

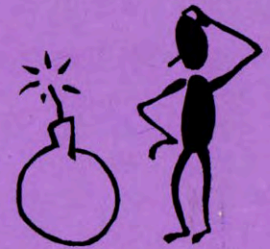


We believe that violence is a societal problem, a learned behavior, and with intervention, the cycle of violence can be broken.



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.

The Abusive Relationship



Signs To Look For

Crisis Intervention Services

1220 13th Street
Cody, Wyoming
587-3545

335 N. Gilbert Street
Powell, Wyoming
754-7959

Powell office is handicap accessible



**Remember -
No one deserves to be abused.**

Types of Abuse:

Abuse in a relationship is defined as a range of physical assaults, emotional mistreatment, manipulation and/or the threat of harm. Assaults can be anything from name calling, sexual jokes, or withholding affection, to actions such as throwing objects, pushing and shoving, to severe battering, rape and use of weapons.

Verbal & Emotional Abuse:

- Name calling
- Jealousy or possessiveness
- Withholding affection
- Threats or intimidation
- Screaming or raging isolation

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 or breasts, buttocks, 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 his or her 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 or doing things you want – like visiting with 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
- Unrealistic expectations
- Rigid sex roles
- Dr. Jeckyll and Mr. Hyde behavior
- Past battering
- Threats of violence
- Breaking or striking objects
- Any force during an argument

