

Signs of Domestic Violence

THE VICTIM VOICE

After leaving an abusive relationship, it's common for women to second guess their judgment and find themselves feeling as though they're not able to trust themselves. The "victim voice" develops over time as a result of the abuser's verbal abuse.

Abusers will use psychological tactics to control their partner, telling them that they are worthless, and make them feel as though they can't live without the abuser. These statements repeated over time, can then begin to sound like the victim's own voice in their mind.

This makes it extremely hard for victims to discern the victim voice from reality and recover from the abuse.





Domestic Violence

THE VICTIM VOICE

- Tells you that you can't trust yourself.
- Reminds you that you've chosen poorly in the past.
- Tells you that you can't handle making choices, especially life-changing decisions.
- Tells you to second guess your decision to leave the relationship.
- Tells you that his behavior wasn't that bad.
- Feels like you miss the abuser.
- Feels like the abuser was your soul mate and that you'll never find that strong of a connection again.
- Tells you that you need the abuser.
- Tells you that things in your life won't improve.
- Finds you empathizing with the abuser.

