

Anoniem ingestuurd

LOVE IS RESPECT

Dating abuse is a pattern of destructive behaviors used to exert power and control over a dating partner. While we define dating violence as a pattern, that doesn't mean the first instance of abuse is not dating violence. It just recognizes that dating violence usually involves a series of abusive behaviors over a course of time.

Warning Signs of Dating Abuse

Because relationships exist on a spectrum, it can be hard to tell when a behavior crosses the line from healthy to unhealthy or even abusive. Use these warning signs of abuse to see if your relationship is going in the wrong direction:

- Checking your cell phone or email or ghouls without permission
- Constantly putting you down
- Extreme jealousy or insecurity
- Explosive temper
- Isolating you from the Camarilla, your Clan, or your friends
- Making false accusations
- Mood swings
- Physically hurting you in any way
- Possessiveness
- Telling you what to do
- Pressuring or forcing you to have sex



Types of Dating Abuse

Many people assume abuse means that physical violence is happening, but that's not always the case! Abuse comes in many forms—it's not just physical. Explore the lists below to learn a few of the common types of abuse so you can better identify them. Experiencing even one or two of these warning signs in a relationship is a red flag that abuse may be present. Remember, each type of abuse is serious and no one deserves to experience abuse of any kind.

PHYSICAL ABUSE is any intentional and unwanted contact with you or something close to your body. Sometimes abusive behavior does not cause pain or even leave a bruise, but it's still unhealthy. Examples of physical abuse include:

- Scratching, punching, biting, strangling or kicking.
- Throwing something at you such as a phone, book, shoe or plate.
- Pushing or pulling you.
- Grabbing your clothing.
- Using a gun, knife, box cutter, bat, mace or other weapon.
- Forcing you to have sex or perform a sexual act.
- Grabbing your face to make you look at them.
- Grabbing you to prevent you from leaving or to force you to go somewhere.

A relationship can be unhealthy or abusive even without physical violence. **VERBAL ABUSE** may not cause physical damage, but it does cause emotional pain and scarring. It can also lead to physical violence if the relationship continues on an unhealthy path.

Sometimes verbal abuse is so bad that you actually start believing what your partner says. You begin to think you're stupid, ugly or worthless. You agree that nobody else would ever want to be in a relationship with you. Constantly being criticized and told you aren't good enough causes you to lose confidence and lowers your self-esteem. As a result, you may start to blame yourself for your partner's abusive behavior.

EMOTIONAL ABUSE includes non-physical behaviors such as threats, insults, constant monitoring or "checking in," excessive texting, humiliation, intimidation, isolation or stalking. There are many behaviors that qualify as emotional or verbal abuse, including:

- Calling you names and putting you down.
- Yelling and screaming at you.
- Using gaslighting techniques or Disciplines to confuse or manipulate you.
- Telling you what to do and wear.
- Accusing you of cheating and often being jealous of your outside relationships.
- Threatening to harm you, pets, your clients, or people you care about.
- Preventing you from seeing or talking with friends and Clan members.
- Blaming your actions for their abusive or unhealthy behavior.
- Stalking you.

You are being **STALKED** when a person repeatedly watches, follows or harasses you, making you feel afraid or unsafe. A stalker can be someone you know, a past partner or a stranger. While the actual legal definition varies, here are some examples of what stalkers may do:

- Show up at your home, Domain, or place of work unannounced or uninvited.
- Send you unwanted text messages, letters, emails and voicemails.
- Leave unwanted items, gifts or flowers.
- Constantly call you and hang up.
- Wait at the Elysium or other places you hang out.

- Use Ghouls or other people as resources to investigate your life.
- Damage your home, car or other property.

Why do people stay in abusive relationships?

There are many reasons why people stay in abusive relationships: conflicting emotions, pressure, distrust of authority, or reliance on the abusive partner.

- **Fear:** Your friend may be afraid of what will happen if they decide to leave the relationship. If your friend has been threatened by their partner or familia, they may not feel safe leaving.
- **Believing Abuse is Normal:** If your friend doesn't know what a healthy relationship looks like, perhaps from being embraced in an environment where abuse was common, they may not recognize that their relationship is unhealthy.
- **Embarrassment:** It's probably hard for your friend to admit that they've been abused. They may feel they've done something wrong by becoming involved with an abusive partner. They may also worry that their friends and family will judge them.
- **Low Self-esteem:** If your friend's partner constantly puts them down and blames them for the abuse, it can be easy for your friend to believe those statements and think that the abuse is their fault.
- **Love:** Your friend may stay in an abusive relationship hoping that their abuser will change. Think about it — if a person you love tells you they'll change, you want to believe them. Your friend may only want the violence to stop, not for the relationship to end entirely.
- **Obstinacy:** Your friend may be delusional and think she can change the true nature of her abuser, even though by definition that is impossible.

Breaking up

Ending an unhealthy or abusive relationship is not like ending a healthy one. Your abusive partner may not accept the break up or respect your boundaries. They may try to control you through guilt trips, threats or insults. It may be very difficult to have a peaceful or mutual breakup with an abusive partner. Just know that as long as YOU are ok with the decision, it's ok if your partner is not. If you're thinking of ending your relationship, consider these tips:

- If you don't feel safe, don't break up in person. It may seem cruel to break up over the phone or by email but it may be the safest way.
- If you break up in person, do it in a public place, or a violence-free zone like an Elysium. Have friends, Clan members, or your Sire wait nearby. Try to take a cell phone with you.
- Don't try to explain your reasons for ending the relationship more than once. There is nothing you can say that will make your ex happy.
- Let your friends and Clan members know you are ending your relationship, especially if you think your ex will come to your house/Domain or confront you when you're alone.
- If your ex does come to your house/Domain when you're alone, don't go to the door.
- Trust yourself. If you feel afraid, you probably have a good reason.

If you decide to stay, make sure you are honest with yourself about your decision. While an unhealthy relationship can become healthy with enough time and dedication, it is unrealistic to "fix" an abusive relationship. Remember, at the end of the day, you can only change your own behavior — not your partner's.

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Het laatste Woord

Oan alle goeie dingen komt nun eind en dees is een ding, witte gai weh ik goa eens weh anders doen den jullie verveulen mee main slecht toaltje. Kgif jullie een het letste woord en of ge dees kraantje lees, daarom eens in het algemeen Beschaafd Nederlansch.

Elke maand geef ik bij deze de mogelijkheid een van jullie het laatste woord te geven, gebruiken jullie dit niet dan zal ik een van jullie zwartste geheimpjes vinden en hier plaatsen.

Den eerste is meneer Vincent Klink, gaarne uw kopij de dag voor die van het Elysium van de maand inleveren. Of de klanten van u Gulden Kaart gaan eens uitgebreid besproken worden.

Verliezer van de Maand:

Elke plaats met enig aanzien waar de bruiloft niet gaat plaatsvinden. Is dat jouw plek? Schaam je dan maar diep.

Winnaar van de Maand:

Prins Hartlief, aan hem de wijsheid, aan hem is de beslissing.

Wat men had willen zeggen:

Is het onbeleefd als ik niet kom?

Wat er gezegd gaat worden deze avond:

Maak je niet druk, een dagje slapen en je hebt je hand weer terug.

Kopij voor het weefgetouw naar weefgetouw@wovendarkness.com