

12 Decisions You Need to Make to End the Abuse

1. Make a decision for yourself and take a firm stand that you will not allow your partner to humiliate, shame, degrade, curse, or threaten you.
2. Make a decision for yourself and take a firm stand that you will not allow your partner to intimidate, control, or force you to do something you don't want to do.
3. Make a decision for yourself and take a firm stand that you will not allow your partner to dismiss your feelings, ideas, or values.
4. Make a decision for yourself and take a firm stand that you will not allow your partner to ignore you. Ignoring you is emotional abuse.
5. Make a decision for yourself and take a firm stand that you will not surrender your independence and autonomy by submitting to your partner's will.
6. Make a decision for yourself not to accept extreme selfishness from your partner to the point where it is dismissive of your needs and wants.
7. Make a decision for yourself and take a firm stand that you will not allow your partner to isolate you from family or friends.
8. Make a decision for yourself and take a firm stand that you will not allow your partner to withhold money or confiscate your personal belongings such as car keys, phone, or other personal property.
9. Make a decision for yourself and take a firm stand that you will not allow your partner to touch you in a hostile way or threaten to do so by making his hand into a fist, or getting very close to your face with his face, or any other menacing and threatening way.
10. Make a decision for yourself and take a firm stand that you will not allow your partner to behave in an extremely jealous and possessive way that impacts your peace of mind, challenges your dignity, and restricts your freedom.
11. Make a decision to get outside help to stop the abuse. **DON'T REMAIN SILENT.** Don't cooperate and allow the abuse to continue!
12. Recognize that you do not need to live as an abused person. If you want, you can leave your abusive partner.