

## My Commitment to Myself to Not Be a Victim of Emotional Abuse

1. I will not allow my partner to humiliate, shame, degrade, curse, or threaten me.
2. I will not allow my partner to intimidate, control, or force me to do something I don't want.
3. I will not allow my partner to trivialize my feelings, ideas, or values.
4. I will not accept my partner ignoring me.
5. I will not accept extreme selfishness from my partner to the point where he or she is dismissive of my legitimate needs and wants.
6. I will not allow my partner to isolate me from my family or friends.
7. I will not allow my partner to confiscate my belongings such as money, car keys, phone, or other property.
8. I will not allow my partner to behave in an extremely jealous and possessive way that impacts my peace of mind, challenges my dignity, and restricts my freedom.
9. I will not allow my partner to touch me in a hostile way, threaten me with a fist, or get very close to my face with his face, nor threaten me any other way.
10. I will not let my partner hit me, push me, or throw things at me.
11. I will NOT REMAIN SILENT. I will explain my situation should I need help from others to free myself from being abused.