

He minimized his actions:

- ✓ Downplayed violence. . ."not that big of a deal"
- ✓ Accused spouse of overreacting to the abuse - he exhibited an absence of emotions

He did not show normal emotions, like remorse and sympathy.

He was narcissistic:

- ✓ Expressed how great he was.

He devalued human life:

- ✓ Women are only good for cooking, cleaning and sex.
- ✓ Women don't have feelings and need to be controlled like a pet.

Known risk factors:

She (wife/partner) is planning to divorce or leave

He shows signs of depression

He displays obsessive behavior

He threatens to commit suicide

He threatens to kill spouse

His violence escalates from verbal abuse to physical abuse

He is emotionally abusive

He seeks to control daily activities of spouse

He is an alcoholic or drinks heavily

He owns, or has access to, gun(s)

He was exposed to family violence as child

He displayed previous violence with other women: girlfriends, wives, mother, sisters.

Women in abusive relationships are often powerless to leave. Frequently they have no money, no family support, and no self-esteem. They also suffer from a type of Stockholm syndrome and are emotionally attached to their perpetrator, seeking to protect him. If this describes you, then know that you are in danger. Every city in the nation has a help line for spousal abuse.

Please call for help.



Download This Brochure Free: <http://www.donnacrow.com>

Read this book:

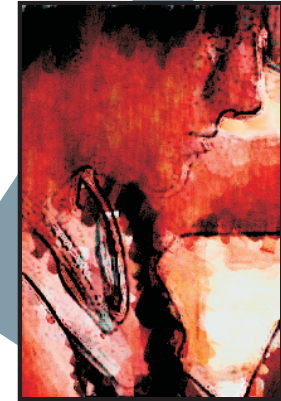
Dr. Robi Ludwig

"Till Death Do Us Part: Love, Marriage and the Mind of the Killer Spouse."

Visit this Site:

http://www.helpguide.org/mental/domestic_violence_abuse_types_signs_causes_effects.htm

BEFORE THEY KILLED THEM!



Did you know:

Every 6 hours a woman dies in the USA as a result of Spousal Abuse...

The CDC states that domestic violence is a serious, preventable, public health problem that affects more than 32 Million Americans.

The number one cause of death for pregnant women is murder by their baby's father.*

*<http://www.cyberparent.com/abuse/abuser-killer-abused-spouse.htm>

Before their husband,
or intimate partner, killed them:

***He exhibited intense
controlling behavior:***

- ✓ Controlled phone time
- ✓ Controlled who they could associate with
- ✓ Controlled their daily activities in general
- ✓ Had control of all money
- ✓ Kept all possessions in his name, such as: cars, houses, contracts for utilities, etc.
- ✓ Gave them “to do” lists and punishment for not finishing the list.

He intimidated:

- ✓ Broke things in order to get his wife to do what he wanted
- ✓ Forbid them to go to the gym, or to a friends, or church or...
- ✓ Constantly checking up on them
- ✓ Overly Jealous
- ✓ Obsessively protective
- ✓ Possessive

He isolated them:

- ✓ Kept them from friends and family
- ✓ Kept them from outside activities

***He expressed explosive
feelings of rage:***

- ✓ Profanity
- ✓ Verbal Abuse
- ✓ Criticism
- ✓ Hitting
- ✓ Kicking
- ✓ Slapping
- ✓ Choking
- ✓ Body Holding
- ✓ Rape

He threatened:

- ✓ To kill them or other family members
- ✓ To kill pets
- ✓ To commit suicide
- ✓ To file false charges against them
- ✓ To lie to others about them
- ✓ To destroy their belongings

He dominated:

- ✓ Exercised control over-
- ✓ Schedules
- ✓ Clothing
- ✓ Hairstyles

- ✓ What they ate
- ✓ When they went to bed
- ✓ When they were to get up
- ✓ What they should do during the day

He had poor impulse control:

- ✓ Sudden anger
- ✓ Hurt pets
- ✓ Broke things

He had no respect for them:

- ✓ Did not see them as equals.
- ✓ He humiliated
- ✓ Shamed
- ✓ Made them feel guilty
- ✓ Demeaned
- ✓ Expected them to ask permission like a child
- ✓ Called names
- ✓ Badgered
- ✓ Wanted them to believe they couldn't make it without him

He shifted blame:

- ✓ Blamed spouse or parents for his anger and behavior
- ✓ Acted as if he were the victim rather than the perpetrator.