

Deciding to Stay or Leave

At some point, you will need to decide whether you are going to focus your energy on saving the relationship or on preparing yourself for leaving the situation and perhaps ending the relationship completely. Regardless of your choice, healing is an option.

Your options are:

- Stay in the relationship and accept it as it is.** This may be a dangerous option. There is a possibility of someone getting seriously hurt or even death, if no changes are made.
- Stay in the relationship where change is occurring.** Abusers need to recognize that they need professional help and that it is wrong for them to abuse you. You cannot make changes for them. Nothing you do will stop your partner's behaviour.
- Leave the relationship and move towards living in a healthy environment.** Deciding to leave is a painful decision. However once you leave, you can start to take charge of your life and begin to make decisions for yourself.

If you are concerned about your safety, we urge you to contact a counsellor at one of our offices.

Weyburn 306-842-8821
 Estevan 306-637-4004
 Carlyle 306-453-2405
 Oxbow 306-483-5555

24-Hour Abuse/Sexual Assault Support Line
1-800-214-7083

Helpful Resources	Phone Number
911 Immediate assistance in the case of an emergency.	
Support Line Immediate support and access to multiple resources.	24-Hour Abuse/Sexual Assault Support Line 1-800-214-7083
Police/RCMP Can help you assess your safety and take action against someone committing a crime.	Estevan City Police 306-634-4767 Estevan RCMP 306-637-4400 Weyburn City Police 306-848-3250 Weyburn RCMP 306-848-4640 Carlyle RCMP 306-453-6707
Legal Information Can share general information about the law, the legal system, and your rights.	Pro Bono Law 1-855-833-7257 Family Law Info Centre 1-888-218-2822 Legal Aid 1-877-424-1903
Victim Services Can refer you to counselling and inform you about programs and services for victims of crime.	Estevan 306-634-8040 Weyburn 306-842-4797
Mental Health Office Can offer information or counselling on depression, stress, and mental health issues.	Estevan 306-637-3610 Weyburn 306-842-8665 Toll Free 1-800-216-7689
Mental Health ~ ATV Program Can offer help for the abuser.	Weyburn 306-842-8665 Toll Free 1-800-216-7689



Envision is a non-profit, community-based organization governed by a volunteer Board of Directors from Southeast Saskatchewan.

Envision helps individuals, families, and couples embrace healthy choices to feel empowered, by providing therapeutic counselling, support, in-home services, groups, workshops, and education.

Estevan Office Box 511 Estevan, SK S4A 2A5 P: 306-637-4004 F: 306-634-4229	Weyburn Office 120 3rd St. S. Weyburn, SK S4H 2C2 P: 306-842-8821 F: 306-842-8815	Carlyle Office Box 1017 Carlyle, SK S0C 0R0 P: 306-453-2405 F: 306-453-2407
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Oxbow Office: 306-483-5555

info@envisioncounsellingcentre.com
 We do not subscribe to call display. Collect calls accepted.
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Envision receives funding from the Ministry of Justice, Ministry of Social Services, United Way of Estevan, Weyburn & District United Way, and the community.



Donations from private



groups, organizations, corporations, or individuals are gratefully accepted to assist Envision in serving communities in Southeast Saskatchewan.



www.envisioncounsellingcentre.com

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Serving Southeast Saskatchewan since 1994

Abusive Relationships



What everyone needs to know!

What is Partner Abuse?

Partner abuse refers to any abuse committed by one partner against another with whom he/she has a relationship (usually intimate, sexual, or co-habiting). It involves the intent by the partner to intimidate and control, either by threat or by use of physical force, the person, and/or property. Whether it be **verbal, emotional, physical, or sexual**, abuse is a behaviour, which is either repeated or threatened to be repeated to induce fear in the survivor.

Many abusive relationships develop gradually and at first it might be tempting to write their behaviour off as harmless, perhaps just signs of love, jealousy, or emotional insecurity. Abuse is NOT about jealousy or love – it is about power and control.

The most dangerous time for an abuse survivor is when they attempt to leave. The two best tools for ending violence are knowledge and speaking out.

Alcohol/Drugs and Partner Abuse

It's common for abusive partners to blame drugs or alcohol for their unhealthy behaviour. They often do not accept responsibility for their actions or address the real reasons for the abuse. Drugs and alcohol do affect a person's judgment and behaviour but they are not a reason for the violent behaviour, only an excuse.

NO Excuses

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Are You or Someone You Know Being Abused?

Has your partner ever:

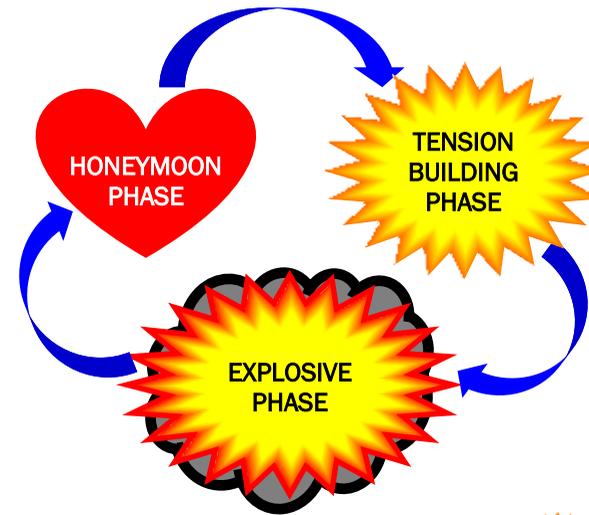
- Called you names, made jokes at your expense, or humiliated you in private, or in front of others?
- Insisted you have sex when you didn't want to or insisted you take part in sexual activities you dislike or that caused pain?
- Refused to let you work or forced you to work?
- Refused to let you leave the house?
- Constantly demanded to know where you are, what you are doing, and who you are with?
- Monitored your phone calls, text messages, emails, social media, etc?
- Refused to let you phone your friends or family?
- Told you who you can and can't talk to?
- Constantly questioned your spending or taken control of your money?
- Followed you in a way that made you fearful?
- Used physical force (push, punch, slap, strangle, shake, use objects/weapons, etc.)?
- Physically harmed others (children, pets, family members, friends, neighbours, etc.)?
- Threatened to use physical force?
- Threatened to kill you or others if you leave?
- Threatened to kill themselves if you leave?
- Blamed you for their abusive behaviour and told you it was your fault?
- Destroyed your possessions?
- Showed up unexpectedly, when they were not invited and not welcome at social or work events?
- Insisted you use drugs or alcohol against your will?

If you answered **YES** to any of these questions you can talk to someone who can help you.

Facts About Abusive Behaviour

Survivors abused by their partners are not constantly being abused. There is a definite pattern for the abuse, which is re-occurring and appears to have three distinct phases. This pattern is commonly referred to as the

Cycle of Violence.



The first stage is the **“TENSION BUILDING PHASE.”** During this stage the tension in the relationship is increasing. The offender may give the survivor the ‘silent treatment’. Every attempt is made to keep the peace in the relationship.

Even so, the tension continues to grow and the **“EXPLOSIVE PHASE / VIOLENT EPISODE”** occurs. The explosive event may include physical battering, sexual assault, and verbal/emotional abuse. There is **nothing** the survivor can do to prevent the abuse. **THE OFFENDER IS RESPONSIBLE FOR THEIR OWN ABUSIVE BEHAVIOUR.**

After the assault the **“REMORSE PHASE / HONEYMOON PHASE”** begins. During this stage the offender is often sincerely sorry for the assault and many promises are made, “I’ll never do it again,” “I’ll go to counselling,” etc. They both believe the violence will never happen again. However, sometimes slowly, sometimes

quickly, the tension begins building again and another explosion occurs.

This cycle of violence will repeat itself again and again. In most abusive relationships the assaults become more frequent and severe and the **HONEYMOON PHASE** becomes shorter and shorter. The longer the cycle is allowed to continue the more dangerous it becomes for the survivor. Some survivors find that as time goes on, the honeymoon phase disappears. The cycle moves from the **TENSION BUILDING PHASE** to the **EXPLOSIVE PHASE** and back to the **TENSION BUILDING PHASE.**

Eventually, the cycle will turn to a seemingly **continual state** of violence.

The goal of all three phases is to gain power and control over the partner.

Why Does My Partner Do This to Me?

Abuse is about power and control. It is not about love.

Many excuses are made for abusive behaviour— they work too hard, do not have enough money, you or someone else has provoked them, they have had too much to drink, etc. The number one reason for abuse is that they have grown up in homes where they witnessed abusive behaviour by one or more family members.

How to Get Help

There is help available for survivors in abusive relationships. Trust yourself and your own experiences. Believe in your own strengths. Remember that you are your own best source of knowledge and strength and you already have the tools you need to survive.

Find a counsellor you are comfortable with and who is familiar with the dynamics of abusive relationships. A counsellor can help you understand why people abuse, why people stay and help you to begin to increase your self-esteem and self-worth.