

# LOVE DOES NOT HURT.

END THE VIOLENCE NOW.

RECOGNIZE.  
REPORT.  
PREVENT.



Excerpt from the booklet,  
*You Are Not Alone, God Is With You*  
available from ACDVO,  
email [cdahm13@gmail.com](mailto:cdahm13@gmail.com)

[www.domesticviolenceoutreach.org](http://www.domesticviolenceoutreach.org)



DOMESTIC VIOLENCE OUTREACH  
— ARCHDIOCESE of CHICAGO —  
AWARENESS - SERVICES - PREVENTION

Sometimes our life is changed by a serious accident, a bad choice or sickness. Sometimes we make mistakes, but we can all learn from our mistakes and not just regret or mourn them. We experience these challenges because we are human and imperfect beings.

God wants us healthy, experiencing love and peace and free from suffering.

Jesus told us, "I came that they may have life and have it abundantly." (John 10:10)

If you are experiencing problems, especially abuse, in your relationship, talk to a professional counselor.

Find professional assistance by calling the National Domestic Violence Hotline, 800-799-7233. Chat with a service provider and find the domestic violence services nearest you. If you are in immediate danger, call 911.



DOMESTIC VIOLENCE  
AWARENESS MONTH

THESE EXCERPTS ARE TAKEN FROM YOU ARE NOT ALONE, GOD IS WITH YOU, A SPIRITUALITY REFLECTION BOOKLET WRITTEN BY FR. CHARLES DAHM, O.P. AND PATRICIA BRODERICK.

- Many victims of domestic violence ask
- If you are confused or troubled
- In a time of crisis
- Sometimes our life is changed
- God is not a cruel judge
- Frequently those who suffer abuse
- Sometimes victims of domestic abuse
- Spirituality is the way we view

VISIT OUR HOME PAGE  
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OCTOBER  
DOMESTIC  
VIOLENCE  
AWARENESS  
MONTH

## ST. RAYMOND PARISH DOMESTIC VIOLENCE OUTREACH

### AWARENESS

Domestic violence is a pattern of behavior. It is used to exert power and control over another person. It is found in the context of a dating, family or household relationship.

Questions to ask:

- Does your partner isolate you from family and friends?
- Are you being physically, psychologically, economically or sexually abused?
- Is your partner attempting to destroy your self-esteem and self-confidence?

Domestic violence victims often report:

"I didn't know it was abuse."  
"I thought I could fix it."  
"I didn't tell anyone."

These are traps that keep people bound.  
Domestic violence. Dating Violence.

No Excuse  
You are loved and you are not alone.

### AWARENESS-SERVICES-PREVENTION

#### SERVICES

##### GET HELP!

**IN AN EMERGENCY, DIAL 911.**

Help is also available from:

National Domestic Violence  
Hotline: 1-800-799-SAFE  
(7233) and/or  
[www.ndvh.org](http://www.ndvh.org)

Love is Respect (For Teens)  
1-866-331-9474

Accessible via text "LOVE IS"  
1-866-331-9474 to talk to peers 24  
hours - confidential.  
[www.loveisrespect.org](http://www.loveisrespect.org)

National Sexual Assault Hotline:  
1-800-656-HOPE (4673) and  
Wings Housing/Emergency  
Shelter: 847-221-5680

### PREVENTION

*Healthy Relationship Characteristics*

- Trust
- Mutual respect
- Good communication/open and honest communication
- Partners work together to make decisions
- Belief in nonviolent conflict resolution/ anger control
- Ability to negotiate and adjust to stress
- Belief in partner's right to autonomy
- Individuality
- Honesty
- Compromise
- Fighting fair
- Empathy

Source: CDC, Liz Claiborne Dating Matters.

### ADDITIONAL RESOURCES

Visit the Archdiocese of Chicago Domestic Violence Outreach webpage at <https://www.domesticviolenceoutreach.org>

Rape, Abuse and Incest National Network <http://www.rainn.org>

Veto Violence—Center for Disease Control and Prevention (CDC): [www.vetoviolence.org/datingmatters](http://www.vetoviolence.org/datingmatters)

