hat broom high over our heads, laughed, and receded to break it over my Lead ? times le missed He once Called me 97 times He had Z "looks." I remember the dispatcher one, a sideways smile saying she'd run out of acceptions that was his way of but she kept me on the line lething me know I was until the police arrived or he in the vole & that he finally broke the door down & killed world soon be taking us. I held my le month old soin and pleasure lin prinshing me sang lullables to drown out the The other look was one rage on the other side of the door in one night and sent dozens my son's read by less of texts - and I obediently answered every single time ... WHY? Because he was quite clear inch. very Core ... for not protecting him from this went Core ... for not protecting him from this went core a blank stare worster - at that moment, No time to think - I knew we were would often altack going to DE. to my that he would kill himself -PHYSICAL VIOLENCE and I know he wouldn't go through with it unless The boil us with him. SEXUAL unprovoked, for no reason reople may wonder Fillowed us out of at all. uny we "put up with " flew up off the bed out its not a choice **USING COERCION** AND THREATS INTIMIDATION when you shave out of a deep supp Making and/or carrying out threats Making her afraid by using children and to do something to hurt her and knowed me looks, actions, gestures · threatening to leave her, to · smashing things · destroying 1 residence. to the ground with commit suicide, to report her property • abusing inswening that her to welfare . making pets . displaying one punch to USING er drop charges . making 17 calls was weapons. 611 00+ **ECONOMIC** USING my head. I ofjail and came t straight her do illegal things. **EMOTIONAL** ABUSE trangulation was his SURVIVA was 3 months Preventing her from getting **ABUSE** TACHL or keeping a job . making her Putting her down • making her Preancust ask for money . giving her an reel bad about herself . calling her s hold He then allowance • taking her money • not names . making her think she's crazy im off letting her know about or have access playing mind games • humiliating her rolled over, to family income. He play 5 • making her feel guilty. **POWER** without a "the victim," ALWAYS. single work me nove AND and Hell day. right back USING MALE PRIVILEGE USING ISOLATION to sleep Treating her like a servant • making all the Controlling what she does, who she sees big decisions . acting like the "master of and talks to, what she reads, where the castle" . being the one to The first she goes . limiting her outside define men's and women's roles involvement • using jealousy time he laid "Females to justify actions. USING MINIMIZING hands on me are Alienated day CHILDREN DENYING me who was 3 months Crazy" Making her feel guilty AND BLAMING into ou relatively about the children . using close: Making light of the abuse the children to relay messages He grabbed me and not taking her concerns REPRODUCTIVE · using visitation to harass her about it seriously • saying the by my hair as I . threatening to take the Keys so I'd CO ERCIBILING REAL! abuse didn't happen • shifting responchildren away sibility for abusive behavior • saying drove 55 mph on a Blamed it all the she caused it. buck canby road in the winter. He smashed red my could not approved would PHYSICAL SEXUAL my head off-the drivers side but how a money son traves of he had this ill but he sown is supporting the breaking things is several things in the sound is supporting the breaking things is several things. window and I thew right then and there that he Had VIOLENCE no regard for human life ... I tried bility to leaver and on another approximate and continue to reading of and charse (on approximate and continue to the and continue to the analysis and continue to the analysis and charse (on approximate and charses (on approximate and charses (on approximate and charses (on approximate and charses (on approximate and charses). to leave in my car as soon as he got out at his house, but he stood in front of/behind my car so that cars with him to work that night. DOMESTIC ABUSE INTERVENTION PROGRAMS earling constant experiences of the most one experiences of the most one experiences of the contract of the co Lindy Barcolf. 202 East Superior Street Duluth, Minnesota 55802 th, Minnesota 55802

This book is what saved on Life now: hyperigoww.thedulythmodel.org He once showed up at my son's day care, which was attached to the stementary shool I worked at . He jumped into my car with his heng mugged. When I realized it was tim I was 1,000 x more terrified