

The experience of being abused and verbally degraded by your partner is usually exhausting and emotionally draining. The process of building a new life for yourself takes much courage and incredible energy.

To conserve my emotional energy and resources and to avoid hard emotional times, I can do some of the following:

If I feel down and ready to return to a potentially abusive situation,

I can .....

I can call .....

And..... to be of support of me.

I can tell myself -"....." whenever I feel others are trying to control or abuse me.

I can try to use "I can . . ." statements with myself and to be assertive with others

When I have to communicate with my partner in person or by telephone

I can.....

I can attend .....Or ..... to gain support and strengthen my relationships with other people.

I can read .....to help me feel stronger.

Other things I can do to help me feel stronger are..... and.....

I will keep this document in a safe place and out of the reach of my potential attacker.

Review date.....