

ADVOCACY.  
QUICK VISUAL GUIDE

# ABUSE

## ADVOCACY:

A QUICK VISUAL GUIDE

**SARAH McDUGAL**

ADVOCACY:  
QUICK VISUAL GUIDE

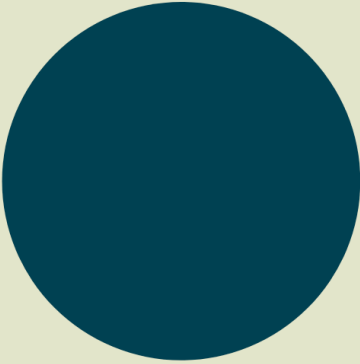


These are not a linear cycle. They may happen in any order or none. **There is no “honeymoon” or season of “real love”** — all apparently good acts are actually their own form of abuse, deceiving the victim to develop trust.

Living in this environment feels like **you are existing in a swirling vortex** of hope, anguish, obligation, fear and self-doubt. Insecurity abounds and you never know what today will bring.



# CAUSES OF ABUSE



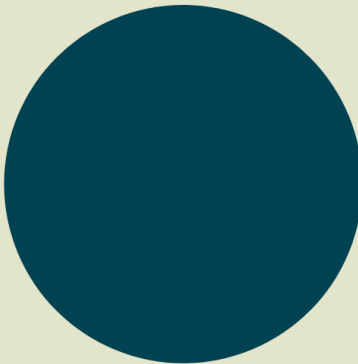
- GETTING DRUNK
- HAVING AN ABUSIVE PARENT
- HAVING A "CRAZY EX"
- BEING IN CHARGE
- BEING MALE
- BEING RICH
- BEING SMARTER THAN EVERYBODY ELSE
- CHOOSING TO ACT ABUSIVELY

THERE'S ONLY ONE CAUSE OF ABUSE.

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# CAUSES OF RAPE



- GETTING DRUNK
- GOING JOGGING
- FLIRTING
- BEING FRIENDLY
- BEING FEMALE
- BEING PRETTY
- DRESSING CUTE
- CHOOSING TO COMMIT RAPE

THERE'S ONLY ONE CAUSE OF RAPE.

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# CONTROLLERS MAY BE..

## ENRAGED

at home,  
but calm and smiling  
elsewhere.

## SELFISH

and self-centered with  
you, but generous and  
supportive with others.

## DOMINEERING

at home but willing to  
negotiate and  
compromise outside.

## NEGATIVE

about females on his  
own turf, but a vocal  
supporter when anyone  
is listening.

## ASSERTIVE

toward partner and  
children, but non-  
threatening and non-  
violent to others.

## ENTITLED

at home, but critical of  
other men who  
disrespect and assault  
women.

*Lundy Bancroft*  
Author, "Why Does He Do That?"



## READY TO CRACK FROM STRESS ON YOUR ABUSE RECOVERY JOURNEY?

### BACK TO BASICS

#### Eat, Sleep, Repeat.

Get a meal into your body. Calories are more important than vitamins if you keep forgetting to eat. Smoothies are good, too. Whatever keeps you going, and doesn't make you sick.

### BURN OFF THE STRESS

#### Get Moving However You Can.

Your adrenaline and cortisol levels will turn your brain to mush. Movement burns those stress hormones out of your system. Walk. Run. Lift. Swim. Dance. Hike. Bike. Whatever works for you. Do it.

### BEDTIME WITH THE BIRDS

#### Sleep is Your BFF.

Self care revolves around good sleep. Take hot baths before bed. If you can't make your brain shut down on your own, talk to your doctor about a temporary sleep aid. Help your brain shut down to prevent total circuit overload.

### BREAK THINGS DOWN

#### Just One Small Task At A Time.

Find the tiniest possible task to accomplish, and make that your goal. Then the next tiny step. Like "shuffle the stack of papers" tiny. Or, "buy a .50 folder for sticky notes" tiny. Give yourself a break from the big picture.

### BUST OUT THE TUNES

#### No Sad Music Allowed.

Fill your atmosphere with lullabies, praise songs, fight songs, courage songs, and soothing Scripture meditations. No mournful country songs or broken hearted ballads for now.

REMEMBER... IT'S OK TO NOT BE OK FOR A WHILE.

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Darling,  
YOU CAN BE

&

|             |                 |
|-------------|-----------------|
| STRONG      | SOFT            |
| FIERCE      | GENTLE          |
| GRIEVING    | JOYFUL          |
| DIRECT      | KIND            |
| EMPATHIC    | SET BOUNDARIES  |
| A LEADER    | BE MENTORED     |
| CREATIVE    | NEED INSPIRING  |
| INDEPENDENT | WANT PROTECTING |
| LISTENING   | SPEAK TRUTH     |
| BRAVE       | DESIRE SUPPORT  |
| FORGIVE     | NOT TRUST       |
| DISCOURAGED | CHOOSE HOPE     |
| MOVE ON     | NEED JUSTICE    |



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## SIMPLE STEPS TO PHONE SECURITY

Make your safety a priority!

- 1 CHANGE PASSWORDS**

Fresh passwords on everything, including your backup email accounts. Use a password you've never used before that isn't easy to guess. Don't write new passwords down. Get a password app like 1Pass to keep your passwords encrypted.
- 2 2-FACTOR AUTHENTICATION**

Make sure all social media accounts and emails have two-step login turned on. This prevents someone else from changing your password without your knowledge.
- 3 TURN OFF LOCATIONS**

Deactivate locations in your settings on your phone, tablet, iPad, laptop, etc. Do this for ALL apps. Change your gmail address if you use Google maps for GPS, anyone with access to your email can track every trip.
- 4 TOUCH ID & PASS CODES**

Make sure your phone and tablets have Touch ID activated, and update your phone's pass code. Check the Settings to make sure no one else has added their fingerprint to your devices.
- 5 GET A NEW APPLE ID**

If you have a shared Apple ID, or family account, other members of your family may be able to obtain access to your messages and apps, especially if you use iMessage.
- 6 REMOVE TRACKING APPS**

Delete any location tracking apps such as Life 360, FriendFinder, etc. Completely remove these apps from your phone, don't just turn them off.



DO SOME CONVERSATIONS LEAVE YOU  
CONFUSED?

# Word Salad

CIRCULAR  
CONVERSATIONS  
THAT NEVER END

ISSUES THAT  
NEVER GET  
RESOLVED

MEANINGLESS,  
IRRELEVANT  
INFORMATION

ILLOGICAL,  
NO DIRECTION  
SARCASTIC

MOCK  
TAUNT  
BLAME

DENY  
EVADE  
DEFLECT

VAGUE  
SLIPPERY  
"CANT REMEMBER"

ALTERNATES  
BETWEEN HERO  
AND VICTIM

COMPETITIVE  
TIT FOR TAT  
EXCUSES

THESE ARE SIGNS OF AN  
EMOTIONALLY ABUSIVE  
RELATIONSHIP.

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## STOP SAYING "I'M SORRY" (FOR THINGS THAT AREN'T YOUR FAULT)

|                                |   |                                  |
|--------------------------------|---|----------------------------------|
| I'M SORRY I'M LATE             | ▶ | THANK YOU FOR WAITING ON ME      |
| I'M SORRY I'VE BEEN NEEDY      | ▶ | THANK YOU FOR BEING SUPPORTIVE   |
| I'M SORRY TO ASK ANOTHER FAVOR | ▶ | THANK YOU FOR HELPING ME OUT     |
| I'M SORRY I MADE A MISTAKE     | ▶ | THANK YOU FOR HELPING ME IMPROVE |
| I'M SORRY I CAN'T COME TONIGHT | ▶ | THANK YOU FOR THE INVITATION     |
| I'M SORRY FOR BEING EMOTIONAL  | ▶ | THANK YOU FOR LISTENING TO ME    |
| I'M SORRY I'VE BEEN WITHDRAWN  | ▶ | THANK YOU FOR GIVING ME SPACE    |
| I'M SORRY I DIDN'T UNDERSTAND  | ▶ | THANK YOU FOR MAKING IT CLEARER  |

THERE'S ONLY ONE CAUSE OF ABUSE.

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He **hit** her with shame.

He **slapped** her with accusations.

He **choked** her with silence.

He **pinched** her with contempt.

He **slammed** her with betrayal.

He **smothered** her in humiliation.

He **twisted** her with mind games.

He **strangled** her with isolation.

He **bruised** her with false guilt.

He **tortured** her with false hope.

He **blasted** her with false shame.

He **whipped** her with criticism.

He **beat** her with past mistakes.

He **restrained** her with self-doubt.

He **raped** her with his addictions.

He **pushed** her past human limits.

*But he never touched her.*

Learn more @sarahmcdugal





# SHE'S MORE THAN A PRINCESS

TELL HER SHE IS OTHER THINGS TOO:

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- |              |                 |
|--------------|-----------------|
| ARTISTIC     | ADVENTUROUS     |
| ATHLETIC     | BRAVE           |
| BRIGHT       | COURAGEOUS      |
| CAREFUL      | COMPASSIONATE   |
| CURIOUS      | CONFIDENT       |
| CAPABLE      | CREATIVE        |
| DETERMINED   | DECISIVE        |
| DYNAMIC      | ENTREPRENEURIAL |
| EXCITING     | ENTHUSIASTIC    |
| FUNNY        | FRIENDLY        |
| FIERY        | FIERCE          |
| FOCUSED      | LOVELY          |
| KIND         | LOYAL           |
| HARD-WORKING | HONEST          |
| RELIABLE     | PURPOSEFUL      |
| RESOURCEFUL  | RESOLUTE        |
| STEADFAST    | RESPECTFUL      |
| SENSITIVE    | STRONG          |
| TRUSTWORTHY  | THOUGHTFUL      |
| CAPABLE      | CONFIDENT       |
| WARRIOR      | VIBRANT         |
| WISE         | WITTY           |



# TOXIC PEOPLE'S FAVORITE LINES

AND THE SECRET REASONING BEHIND THEM

## "NOBODY ELSE WOULD PUT UP WITH YOU LIKE I DO."

...because they want you to stay dependent on them for your sense of approval and value, instead of disentangling from the enmeshment.

## "NOBODY ELSE THINKS THAT, JUST YOU..."

...because you're more likely to doubt yourself if they can convince you that everyone else agrees with them, regardless of whether it's true.

## "I HAVE NO IDEA WHAT YOU'RE TALKING ABOUT!"

...because you're pointing out facts they want to keep hidden, or they're twisting what was agreed on even though you may have hard evidence.

## "WHAT ABOUT YOUR ISSUES? YOU'RE NOT PERFECT!"

...because you're setting boundaries and pointing out ongoing patterns of behavior that they refuse to take responsibility for.

## "I'VE ALREADY SAID I WAS SORRY, STOP HARPING!"

...because you're asking them to do more than words and their actions aren't consistent with their words.

## "IF YOU HAD JUST \_\_, I WOULD NEVER HAVE \_\_..."

...projecting blame onto you for whatever choices they made that caused you harm or pain in the first place, implying their behavior is your fault.

## "I CAN NEVER GET ANYTHING RIGHT FOR YOU!"

...because you're asking for them to follow through with what was actually agreed instead of bailing or changing stories partway through.

## "WHY CAN'T YOU JUST LET IT GO?"

...because they're mad that you have recognized pervasive and repeated patterns of behavior that they want to continue getting away with.

## "YOU DIDN'T LET ME FINISH WHAT I WAS SAYING."

...because they are attempting to counter your truthful statement, intimidate you into silence, and cause continued emotional abuse.

LEARN MORE FROM SARAH MCDUGAL AT [WILDERNESSTOWILD.COM](http://WILDERNESSTOWILD.COM)

MYTHS ABOUT LOVE

**GOD** does not dominate or control.

Only **SATAN** seeks power over.

(Mark 10:42-45)  
(Ephesians 5:25)

**GOD** does not deceive or manipulate. Neither do His followers.

If someone is untruthful, they are acting like **LUCIFER**, the Father of Lies.

(Deuteronomy 32:3-5) (John 8:43-44)

**FORGIVING** doesn't mean you can never speak of it again.

**GOD** only wipes out sin that has been trampled and turned away from.

(Micah 7:19) (Luke 17:3)

**YOU** are not being punished for sins by suffering.

**YOUR** suffering does not purify another person.

(John 9:3)

**SCRIPTURE** does not justify abuse from either spouse.

**MEN AND WOMEN** are equal in dignity and value, and should show mutual kindness.

(Ephesians 5:21)  
(Genesis 1:27-28)

**GOD** does not condone violence in the name of loving relationships.

**HE** suffers when you suffer.

(Psalm 11:5) (Proverbs 3:30-33)



# CHURCH SECURITY

## 13 STARTER TIPS

### 1

#### PROTOCOLS

Commit to creating a safe environment by prioritizing and implementing safety and security protocols for members and visitors.

### 2

#### EMERGENCY RESPONSE COMMITTEE

Authorize & support a new Emergency Response Committee (ERC) to:

- Identify trained emergency professionals among membership
- Prep protocols for a variety of emergencies, and train leaders.

### 3

#### RISK ASSESSMENT

ERC should conduct an on-site risk assessment of the church and its perimeter, to identify potential risks and exposure points.

### 4

#### TECHNOLOGY

Prioritize investment in technology for safety and security, such as:

- alarm system
- security cameras
- key cards

### 5

#### LIAISE W/ COMMUNITY

Establish working relationships with community emergency response departments, such as the fire station, sheriff's department, police chief, Domestic Violence shelters, mayor, and city council.

# CHURCH SECURITY

## 13 STARTER TIPS

### 6

#### INVESTIGATE

Investigate every accident or incident occurring on church property, and prepare written reports on each occurrence. Keep these filed in a secure location.

### 7

#### SECURE ENTRANCES

Immediately control all entrances to the church. Lock and monitor the main entrance, assigning deacons or ushers to ensure controlled access.

### 8

#### SAFETY ZONES

Immediately check all fire extinguishers, doors, locks, and exit signs, to ensure every zone is well-equipped, working properly and in good repair. Repeat monthly.

### 9

#### ACTIVE SHOOTER

Schedule an Active Shooter Training, and require attendance by all leaders and volunteers leaders.

### 10

#### THREAT RECOGNITION

Ask local law enforcement to train all your deacons and greeters in basic threat recognition. Make sure your team knows that if they see something, they are expected to say something.

@SarahMcDugal | Tips from Loster Consulting Group

# CHURCH SECURITY

## 13 STARTER TIPS

### 11

#### CHECK BACKGROUNDS

Prioritize thorough background checks for all volunteers, not only those who work with children. Develop a strict training and safety protocol for children's volunteers.

### 12

#### REPORT ABUSE OF MINORS

Communicate expectations that any suspicion of inappropriate behavior toward minors — by any member, visitor, or volunteer — must be immediately reported to law enforcement, and fully cooperate with any investigations.

### 13

#### DOMESTIC VIOLENCE

Educate church staff and volunteers about domestic violence. Choose a DV contact person who is discreet and well-trained to liaise with church and community. Implement awareness of DV support protocols to all church members.



#### THANKS TO:

Gary Loster and the Loster Consulting Group,  
for providing these church security tips.  
For active shooter training, church security consulting and more, email:  
gary.loster@yahoo.com

@SarahMcDugal | Tips from Loster Consulting Group



**POWER**  
**CHILDREN**  
**CULTURE**  
**EMOTION**  
**FINANCIAL**  
**INTELLECTUAL**  
**PETS & STUFF**  
**PHYSICAL**  
**PSYCHOLOGICAL**  
**SEXUAL**  
**SOCIAL**  
**SPIRITUAL**  
**VERBAL**



# SYSTEMS OF ABUSE-1

A core mindset of **power** drives all 12 forms of abuse.

CHILDREN

- 1 THREATS**  
Threatens to harm children, or actually harms them, if you don't do what they say.
- 2 MONEY**  
Doesn't pay child support, avoids reporting income, argues over legitimate needs.
- 3 SHAMING**  
Belittles you in front of the children, shames you or them by comparing your faults, undermines house rules and healthy parenting.
- 4 SILENCING**  
Leverages the children to keep you silent about other things, and makes you feel you can't speak out.
- 5 MOLESTATION**  
Abuses other people's children, even if they never overtly harm your own kids.
- 6 FEAR**  
Scares you in front of the kids, or hurts you in front of kids to scare them.

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# SYSTEMS OF ABUSE-2

A core mindset of **power** drives all 12 forms of abuse.

CULTURAL

- 1 MISTREATS YOU**  
and then blames it on either their cultural expectations, or yours. Or says its just how things were done in their family of origin.
- 2 DEMEANS YOU**  
because of your heritage, whether ethnicity, your language, your skin color, or your religious background.
- 3 FORCES YOU**  
to embrace their culture and heritage at the expense of your own, says theirs is better than yours, refuses to let you celebrate your own customs.
- 4 ISOLATES YOU**  
from mainstream cultural practices, and keeps you away from friends or activities that aren't rooted in their culture. Uses language barriers to prevent your socialization.
- 5 SILENCES YOU**  
by using cultural expectations or family shame to keep secrets, avoid friendships, or do things their way.
- 6 EXPLOITS YOU**  
by using language barriers to prevent your socialization and interaction with others.

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# SYSTEMS OF ABUSE-3

A core mindset of power drives all 12 forms of abuse.

## EMOTIONAL

- 1 INVALIDATES**  
your perception of reality, your feelings, and your grasp of what happens around you.
- 2 INSULTS**  
you and then laughs it off and says "I was just joking! Why are you so sensitive?!"
- 3 DENIES**  
healthy non-sexual affection, gives you the silent treatment, or refuses to communicate about conflicts.
- 4 MANIPULATES**  
using false guilt, so that you feel guilty for things you didn't even say or do.
- 5 FLIPS ARGUMENTS**  
right back onto you and suddenly you're not talking about the real issue anymore, because you're both focused on why you reacted instead.
- 6 ACTS POSSESSIVE**  
but excuses it by calling it "protectiveness", and then making you feel horrible for trying to be independent
- 7 VACILLATES**  
creating an emotional rollercoaster so you're always braced for the other shoe to drop.

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# SYSTEMS OF ABUSE-4

A core mindset of power drives all 12 forms of abuse.

## FINANCIAL

- 1 LIMITS**  
your access to money, accounts, income, cash flow, activities, shopping, travel, or any of the above.
- 2 TRACKS**  
every penny you spend, or expects you to track it and report back. May also include tracking gas mileage, grocery budget, and personal items.
- 3 DODGES**  
child support payments, shared parenting expenses, bill collectors, promised expenditures.
- 4 SPENDS**  
impulsively on themselves while micromanaging others in the family, or offsets stinginess with big gifts.
- 5 INTERFERES**  
with your access or eligibility for welfare, state aid, health care, scholarships, or other supports.
- 6 DECIDES**  
all the big financial things, without giving your opinion equal weight, sharing important details, or accounting for your needs.
- 7 LIES**  
about what they spend, where they spend it, or who they spend it with.

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# SYSTEMS OF ABUSE-5

A core mindset of power drives all 12 forms of abuse.

## INTELLECTUAL

- 1 DEMANDS**  
perfection from you, your children, and possibly others around them, rooted in a need to reflect well back on them.
- 2 INSISTS**  
that you prove you have a right to hold an opinion, or that you show proof that your opinion is valid.
- 3 INSULTS**  
your education level, your intellect, your thinking ability, etc. Feels they and others are superior to you.
- 4 DUMBS**  
you down, acts surprised if you have something intelligent to say, assumes your comprehension level is lower than reality.
- 5 INTIMIDATED**  
by your brain, flummoxed by your mind, can't handle it if you speak intelligently for fear it will steal their limelight. May say you're boring.
- 6 REFUSES**  
to allow you the freedom to disagree or hold a contrary opinion to theirs, especially in public.
- 7 INVALIDATES**  
others if anyone notices their behaviors, abuses, or inconsistencies and begins to point it out.

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# SYSTEMS OF ABUSE-6

A core mindset of power drives all 12 forms of abuse.

## PETS+STUFF

- 1 CONFISCATES**  
your car keys, your Driver's License, your passport or other identification, to "keep it safe" so you are trapped.
- 2 DAMAGES**  
your automobile, or refuses to keep it safely maintained and fueled, limiting your freedom and safety.
- 3 TRASHES**  
your favorite things, says "It was an accident." Or they go missing without explanation, and they hid it.
- 4 HARMS**  
your pets, or gives them away, or refuses to provide food and care for them when needed.
- 5 PUNCHES**  
walls, slams doors, breaks things, throws things, wreaks havoc, makes you afraid.
- 6 THREATENS**  
to do any of the above, even if they don't follow through on the threat for whatever reason.

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# SYSTEMS OF ABUSE-7

A core mindset of **power** drives all 12 forms of abuse.

## PHYSICAL

- 1 RECKLESS**  
driving, road rage, bursts of anger or aggression towards others who are slower, weaker, less competent.
- 2 DISTURBS**  
your sleep and quiet times, wakes you from slumber, prevents you from resting by arguing, calling, texting, or making noise.
- 3 CHOKES**  
you (even once!), restrains you in any way, attempts to control your breath or freedom to breathe.
- 4 BLOCKS**  
your exits, won't let you leave the room or the house, prevents you from calling for help.
- 5 PREVENTS**  
your access to medical care, emergency care, or appropriate medications, remedies, or nutrition.
- 6 HURTS**  
you by using items other than hands, whether implements or household things.
- 7 ASSAULTS**  
you by throwing things, slapping, hitting, spitting, punching, biting, pinching, kicking, or using body weight.

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# SYSTEMS OF ABUSE-8

A core mindset of **power** drives all 12 forms of abuse.

## PSYCHOLOGICAL

- 1 GASLIGHTS**  
you by saying or doing things, even right in front of you, and then denying it later and making you question your sanity.
- 2 TERRORIZES**  
you, and then expects you to move on as if the incident or argument never happened.
- 3 CONTROLS**  
even the smallest aspects in your life - food, fun, friends - perhaps saying it's because they care so much.
- 4 PROJECTS**  
responsibility for their addictions or compulsive behaviors onto others or saying it's your fault too.
- 5 DISPLAYS**  
weapons as a way to keep you aware of how they could hurt you if they really wanted to.
- 6 CONVINCES**  
you that they know much better than you do, and you should let them make decisions for you.
- 7 THREATENS**  
to hurt themselves, hurt others, kill themselves, kill others. Or brings these things up in a joking way.

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# SYSTEMS OF ABUSE-9

A core mindset of **power** drives all 12 forms of abuse.

- 
- 1 FORCES**  
you to have sex. Coerces or urges you against your wishes. Or withholds sex as punishment for periods of time.
  - 2 CRITICIZES**  
your body, your sexuality, or your sexual preferences. Shames or mocks your comfort zone.
  - 3 DEMANDS**  
sexual favors as payment or compensation, in return for things they did or bought for you.
  - 4 WATCHES**  
pornography or makes you watch it. Porn is inextricably tied to the human trafficking trade, and directly impacts reduced empathy.
  - 5 CHEATS**  
on you by having affairs or one night stands, or by paying for sexual services. Or threatens to do these.
  - 6 DISCONNECTS**  
from your heart, soul, and mind, lacking intimacy or connection beyond sexual acts.
  - 7 MOLESTS**  
or sexually abuses others, regardless of whether adults or minors, outside your marriage.
- 

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# SYSTEMS OF ABUSE-10

A core mindset of **power** drives all 12 forms of abuse.

- 
- 1 EAVESDROPS**  
on your communication and invades your privacy by monitoring your phone, email, messages, texts.
  - 2 TRACKS**  
your social media accounts, posts, and interactions. Wants your passwords to be shared.
  - 3 MONITORS**  
your mileage and always needs to know where you went, who you went with, and for how long.
  - 4 DISCOURAGES**  
you from cultivating friendships, social interactions, healthy work connections, or fun times unless they are behind it.
  - 5 DICTATES**  
your freedom or your options for pursuing education, employment, or self-improvement opportunities. Makes you ask permission to get involved with activities.
  - 6 KEEPS**  
you at home as much as possible, where you are less influenced by other people's ways of thinking and doing things.
- 

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# SYSTEMS OF ABUSE-11

A core mindset of **power** drives all 12 forms of abuse.

## SPIRITUAL

- 1 TWISTS**  
Scriptures to avoid accountability, create power vacuum, or lord it over others around them.
- 2 EXPLOITS**  
religious beliefs and philosophies to gain advantage over others, or reduce obligations.
- 3 LEVERAGES**  
spiritual leaders, books, or information against you to get you to adhere to their preferences.
- 4 SILENCES**  
you with bible verses to teach subjugation, and condition you to accept their power over you.
- 5 BELIEVES**  
you need them in order to properly understand truth, communicate with God, or listen to the Holy Spirit.
- 6 SOUL**  
destroying behaviors of any kind that reduce your personhood, remove your voice, or come between you and your personal relationship with God.

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# SYSTEMS OF ABUSE-12

A core mindset of **power** drives all 12 forms of abuse.

## VERBAL

- 1 DETAILS**  
how you should do everything, and makes sure you are told if you didn't do it their way to their satisfaction.
- 2 CUTS OFF**  
your opportunities to speak, or habitually interrupts you during conversation as if you add no value.
- 3 PUTS DOWN**  
your perspective, opinion, experience, knowledge, or ways of viewing things.
- 4 FORBIDS**  
you from talking to others about issues, or confiding in trusted friends or mentors when needed.
- 5 SHAMES**  
you, silences you, insults you, and communicates that they have a low opinion of your worth.
- 6 YELLS**  
at you, screams, swears, calls you names or uses tones of voice that are condescending and sarcastic.
- 7 HUMILIATES**  
you by treating you in these ways in front of others, or encouraging other people to treat you this way too.

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**HONOR  
CHILDREN  
CULTURE  
EMOTION  
FINANCIAL  
INTELLECTUAL  
PETS & STUFF  
PHYSICAL  
PSYCHOLOGICAL  
SEXUAL  
SOCIAL  
SPIRITUAL  
VERBAL**

# SYSTEMS OF LOVE & HONOR

A mindset of love & honor makes relationships safe.

R  
O  
N  
O  
H

1

## ACKNOWLEDGES REALITY

Doesn't evade. Admits past events transparently. Accepts responsibility for own actions and choices.

2

## GIVES CREDIT FREELY

Doesn't hog the limelight. Quick to share credit with others who have earned it. Realizes own limitations.

3

## SEEKS MENTORSHIP

Sees value in counseling, coaching, and wisdom from others. Accepts external accountability in humility.

4

## PURSUES RECOVERY

Seeks qualified professional help for any addictions, trauma, or healing.

5

## HONORS OTHERS

Values other people regardless of age, culture, gender, or ethnicity.

6

## ACTS WITH RESPECT

Treats others with respect, regardless of what they have to offer, because they are persons.

7

## SEEKS TO SERVE

Consistently acts with a selfless, kind, heart of service to others who have nothing to give in return.

8

## REFUSES POWER-OVER

Rejects opportunities (even "justified" ones) to use their power to exploit, demean, or harm others.

# SYSTEMS OF LOVE & HONOR-1

A mindset of **love & honor** makes relationships safe.

CHILDREN

- 1 PROTECTS**  
Keeps children safe physically and emotionally, regardless of adult issues or hardships.
- 2 PROVIDES**  
Works to meet family needs and maintain financial stability for everyone (not just self), OR provides consistent, sufficient child support.
- 3 BUILDS UP**  
Encourages and supports you in front of the children. Expects the children to treat you with honor and respect as well.
- 4 ROLE MODEL**  
Lives with truthfulness and honesty, takes responsibility for mistakes and asks children for forgiveness. Acts responsibly and purposefully, knowing kids are watching.
- 5 SHOWS KINDNESS**  
Treats children and relatives with kindness and patience. Understands that each child is different. Does NOT play favorites as a parent.
- 6 SECURE IDENTITY**  
Does not seek to live their dreams vicariously through the children or force children to achieve in the parents' place.

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# SYSTEMS OF LOVE & HONOR-2

A mindset of **love & honor** makes relationships safe.

CULTURAL

- 1 RECOGNIZES FLAWS**  
Understands that every culture has strengths and flaws. Treats you well regardless of "how they do it back home". Does not use culture as an excuse to be selfish or demanding.
- 2 UPLIFTS YOUR CULTURE**  
Celebrates the things you love about your culture and invites you to embrace aspects of their culture that appeal to you.
- 3 RESPECTS UNIQUENESS**  
Shows sensitivity to other cultural practices, even if they are unfamiliar. Seeks to understand and explore the mindset behind how other people think and process the world.
- 4 INVITES EXPERIENCES**  
Exposes you and themselves to new experiences and interactions, without forcing you. Enjoys trying new things without being judgmental or condemning.
- 5 REJECTS SHAMING**  
Knows that cultural norms can be emotionally triggering and avoids intentionally causing shame or conflict due to cultural differences.
- 6 AFFIRMS ADJUSTMENTS**  
Supports your language learning efforts, and other cultural adjusting. Makes sure you understand what's being said around you.

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# SYSTEMS OF LOVE & HONOR-3

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## EMOTIONAL

- 1 VALIDATES**  
Affirms your perception of reality and your experiences. Recognizes that their perception doesn't nullify yours.
- 2 COMMUNICATES**  
Shows consistent, unwavering honesty and transparency in all communication. Owns their own feelings without blaming you.
- 3 AFFECTIONATE**  
Offers regular, healthy non-sexual affection. Respects your affection boundaries without sulking. Makes you feel safe.
- 4 STRAIGHTFORWARD**  
Communicates without false guilt. Takes unqualified responsibility for actions, without blame-shifting.
- 5 FIGHTS FAIR**  
Doesn't flip arguments onto you. Talks about the real problem, rather than unrelated distractions. Stays focused on the issue, without attacking you or others.
- 6 EXTENDS TRUST**  
Affirms your individuality and independence. Appreciates your social circle and isn't jealous of your friends.
- 7 STEADY AND STABLE**  
Doesn't create any emotional rollercoaster. Tells you exactly where they stand. You can relax into the relationship without worry.

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# SYSTEMS OF LOVE & HONOR-4

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## FINANCIAL

- 1 EQUAL ACCESS**  
You both have equal access to ALL the money, accounts, income, cash flow, activities, shopping, travel, investments, insurances, etc.
- 2 PARTNERSHIP**  
Together you set a budget, and then you trust each other to act wisely within the agreed budget. No tracking / micro-managing needed.
- 3 PROVIDES FAITHFULLY**  
You know you can count on their financial reliability. If separated, they stay regular with child support payments and shared expenses.
- 4 SAVES WELL**  
Places long-term planning and stability ahead of impulse purchases. Considers the needs of the entire family when making financial decisions.
- 5 SHARES ACCOUNTS**  
Makes sure you know how much money there is, and where it is kept. Tells you freely about all accounts, expenditures, debts, and incomes.
- 6 CONSULTS**  
Talks with you about all the big financial things, and gives your opinion equal weight. Considers your wants and needs equally.
- 7 KEEPS NO SECRETS**  
Doesn't hide what they spend, where they spend it, or who they spent it with. You feel 100% safe.

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# SYSTEMS OF LOVE & HONOR-5

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## INTELLECTUAL

- 1 SHOWS HUMILITY**  
Understands that everyone performs at a different pace and level. Doesn't demand perfection from you, the kids, or others in a need to reflect well back on them.
- 2 APPRECIATES YOUR MIND**  
Believes you have a right to hold your own opinions, and appreciates the thoughts and ideas you bring to the relationship.
- 3 AFFIRMATION**  
Is proud of your education, your intellect, your thinking ability, etc. Recognizes and treats you as an intellectual equal.
- 4 LISTENS WITH INTEREST**  
Because they know you have quality ideas to contribute. Recognizes your strengths, and appreciates the balance your skills offer.
- 5 UN-INTIMIDATED**  
Doesn't need to make you small in order to feel big. Appreciates the areas you shine, and does not try to dim your light. Sees you as a partner, not as competition.
- 6 ENCOURAGES FREEDOM**  
Stays secure when you disagree or hold a contrary opinion to theirs. Doesn't need to shut you down.
- 7 COMPLIMENTS**  
Expresses genuine pride in your achievements to others, without flattery or manipulation.

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# SYSTEMS OF LOVE & HONOR-6

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## PETS+STUFF

- 1 SHARES ACCESS**  
Makes sure you have access to your car keys, your Driver's License, your passport or other identification. Never confiscates or removes items you need in order to function well.
- 2 MAINTAINS TRANSPORT**  
Helps to keep your automobile maintained, fueled, and in safe operating condition. Notices household needs and upkeep, and takes initiative to get them done.
- 3 RESPECTS PROPERTY**  
Avoids intentionally damaging property, and acts with awareness of safety rules. Replaces items that get damaged or outdated.
- 4 TREATS PETS KINDLY**  
Shows care and kindness to animals, makes sure they're fed and healthy as needed. Consults you on pet emergencies.
- 5 SAFE ATMOSPHERE**  
Never uses things as an outlet for anger or a replacement for physical harm to humans. Never uses items to threaten, intimidate, or scare you.
- 6 COMPLETE TRUST**  
Doesn't threaten to do any of the above things, or use property or pets for any purpose that would cause fear or distrust.

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# SYSTEMS OF LOVE & HONOR-7

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## PHYSICAL

- 1 SAFETY-CONSCIOUS**  
Drives safely and respectfully, considering the lives in their car as well as being patient with surrounding drivers.
- 2 RESPECTS YOUR BODY**  
Protects your sleep and quiet times, tries not to wake you from slumber. Encourages you to do healthy, rejuvenating things that you like.
- 3 GENTLE TOUCH**  
Treats your body with admiration and tenderness. Avoids touch that makes you uncomfortable. Is sensitive to your preferences.
- 4 RESTRAINS THEMSELVES**  
Never forces their opinion or preferences on you physically. Never uses threatening body language to scare you into submission.
- 5 ENSURES MEDICAL CARE**  
Makes sure you have every freedom and opportunity to see the doctor, get checkups, receive treatment, and access counseling as needed.
- 6 PROTECTS FROM PAIN**  
Does everything in their power to avoid causing you pain or harm. Seeks to alleviate pain if you're hurt.
- 7 OFFERS AFFECTION**  
Freely initiates and receives non-sexual affection and intimacy. Participates in healthy, mutually pleasurable sexual affection.

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# SYSTEMS OF LOVE & HONOR-8

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## PSYCHOLOGICAL

- 1 HONEST REALITY**  
Admits truthfully when something has happened, and doesn't try to rewrite history. Humbly accepts responsibility if they've said or done something wrong.
- 2 GIVES SPACE**  
When you've been hurt or sad, they don't expect you to just snap out of it and move on. They let you grieve and process until you're done.
- 3 OFFERS FREEDOM**  
Assumes that you are an adult with the ability to make wise choices. Doesn't control or coerce in any way.
- 4 ACCEPTS RESPONSIBILITY**  
Does not deflect or project responsibility for actions, choices, words, or addictions by blaming others, circumstances, or you.
- 5 WEAPON SAFETY**  
Keeps all weapons locked away and unloaded according to safety rules. Never uses/displays weapons to let you know what they're capable of.
- 6 SHARES DECISIONS**  
Seeks your input and ideas on plans, decisions, and choices. Doesn't let you control them, doesn't try to control you, either.
- 7 SEEKS HELP**  
Doesn't threaten harm to self or others to get you to do what they want. Gets help if they're depressed

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# SYSTEMS OF LOVE & HONOR-9

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SEXUAL  
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SEXUAL

- 1 MUTUAL SEXUALITY**  
Respects your sexual preferences. Seeks consent for sexual activity. Makes sure you have pleasure too. Doesn't use sex as a punishment or withhold sex because they're upset.
- 2 COMPLIMENTS**  
Expresses clear appreciation for your body and your sexuality. Never mocks/shames your comfort zone. Respects if you're not in the mood.
- 3 GENUINE INTIMACY**  
Extends vulnerability and authentic access to their inner thoughts and feelings. Knows that intimacy is about soul/mind/heart, not just sex.
- 4 FAITHFULNESS**  
Avoids sexual stimuli outside of you, your body, and your marriage. Refuses to watch pornography or ask you to watch it. Accepts own responsibility for sexual thoughts. No unsafe emotional attachments.
- 5 CORE MINDSET**  
Treats your body as a gift, not a possession. Never acts entitled to having their needs met, or makes you feel responsible to keep them sexually faithful. Never guilt trips you into uncomfortable sexual acts.
- 6 NO STRINGS**  
Sexual affection is never given in exchange to get other favors, or to manipulate your decisions.

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# SYSTEMS OF LOVE & HONOR-10

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SOCIAL  
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SOCIAL

- 1 OFFERS PRIVACY**  
Trusts your honest judgment. Never eavesdrops. Recognizes your adult right to privacy and a healthy personal life.
- 2 TRUSTS FRIENDS**  
Never eavesdrops. Doesn't monitor/track your emails, social media, GPS, etc. Freely shares their passwords and is open about friend lists and texts etc.
- 3 SUPPORTS RELATIONSHIPS**  
Encourages you to have your own friendships and social activities. Engages with your family connections. Enjoys a vibrant independent social life of their own.
- 4 SHARED FRIENDSHIPS**  
Participates in healthy shared friendships. Seeks to engage in mutually enjoyable social activities with you.
- 5 AFFIRMS YOUR TALENTS**  
Supports your desires to work, study, volunteer, or get involved in the community. Trades home duties so you have equal access to fun.
- 6 SPLIT RESPONSIBILITIES**  
Engages in household work without limiting chores by gender. Parents with alertness and intentionality, so you're not the only one involved.

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# SYSTEMS OF LOVE & HONOR-11

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# SPIRITUAL

- 1 SOUL-ENRICHING**  
Uses Scripture to uplift and encourage, rather than to tear down, shame, or destroy the soul of others. Shares mutual spiritual connection and growth.
- 2 LEADS AS A SERVANT**  
Accepts Jesus' call to serve others selflessly, seeking nothing in return. Sacrificially meets others needs as they are able.
- 3 EXTENDS FREEDOM**  
Recognizes your independent spiritual journey and appreciates your personal process. Rejects any opportunity or reason to take power over you. Refuses to try and control your spiritual growth.
- 4 EXPRESSES SUPPORT**  
Encourages your journey and your spiritual connection. Helps to ensure that you have time + access to spiritual activities of your choosing.
- 5 RESPECTS MATURITY**  
Understands that the Holy Spirit can teach anyone, male or female. Knows you don't need them in order to communicate with God.
- 6 COUNSEL + MENTORSHIP**  
Respects your choice of counselors, coaches, or mentors. Does not control or manipulate your access to spiritual healing.

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# SYSTEMS OF LOVE & HONOR-12

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# VERBAL

- 1 SETS YOU FREE**  
Lets you do things in your own way, and affirms your attempts to learn or try even when things are difficult.
- 2 GIVES YOU A VOICE**  
Appreciates what you add to the conversation, how you think, and the way you say it.
- 3 BUILDS YOU UP**  
Uses their words to encourage, affirm, protect, support, and enhance your confidence.
- 4 ENCOURAGES HELP**  
Mutually seeks professional help if there is an issue or challenge. Doesn't hinder you from counseling.
- 5 COMPLIMENTS**  
Openly shares their high opinion of your worth. Brags to their friends about your accomplishments. But doesn't flatter or manipulate.
- 6 SUPPORTS HONESTY**  
Encourages you to speak truth to others and use your words for right, honesty, and compassionate justice.
- 7 SPEAKS KINDLY**  
Uses a comfortable tone, controls their voice, avoids yelling, name-calling, or silent treatment

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# HEALING RESOURCES

## Best Books List

My top picks for the best books on recovery from abuse, and becoming an advocate. These are titles I personally believe every woman should read on the path toward healing after experiencing abuse.

**[www.wildernesstowild.com/advocacy-resource-list](http://www.wildernesstowild.com/advocacy-resource-list)**

## WILD Coaching Services

Private individual sessions and group study sessions bring you encouragement and accountability as you journey toward clarity, wellness, and wholeness. Learn how to let go of false guilt, set healthy boundaries, recognize abusive patterns clearly, and step out of the trauma fog.

**[www.wildernesstowild.com/wild-coaching](http://www.wildernesstowild.com/wild-coaching)**

## WILD Online Courses

Affordable online courses guide your journey from victim to warrior, as you heal from abuse. Courses include topics related to abuse from spouses, parents, workplace, faith community, post-trauma wellness, managing anxiety, overcoming toxic shame, and much more.

**[www.wildernesstowild.com/courses](http://www.wildernesstowild.com/courses)**

## WILD TraumaMamas Online Support Group

Because momming after the trauma isn't for the faint of heart! Motherhood after trauma such as abuse, divorce, and even betrayal by your faith community can be a devastating and isolating journey. Familiar parenting methods may now feel counterproductive, so how can you help your children thrive despite obstacles such as an abusive parent, childhood sexual abuse, anger and betrayal from those they've trusted, and more? WILD's #TraumaMamas is your safe, confidential haven for processing and peer support.

**[www.facebook.com/groups/wildtraumamamas/](https://www.facebook.com/groups/wildtraumamamas/)**

## CHILDREN'S RESOURCES

### Best Books for Equipping Kids Against Abuse

My top picks for the best books to help you as a parent or grandparent, to educate your children in age-appropriate ways and equip them with tools to avoid childhood abuse, exposure to pornography, and peer-on-peer abuse.

**[www.wildernesstowild.com/parenting-resource-list](http://www.wildernesstowild.com/parenting-resource-list)**

### How to Talk to Kids About Abuse

How do you make tough topics age-appropriate for kids? How do you help teens recognize abusive patterns? How do you teach kids about tricky people? What should you do if your child is exposed to porn? What about when kids hurt kids? These questions answered, and many more, in this YouTube playlist.

**[www.youtube.com/sarahmcdugal](https://www.youtube.com/sarahmcdugal)**

[www.WILDERNESS TO WILD.com](http://www.WILDERNESS TO WILD.com)

