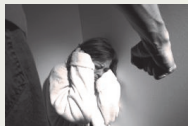




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○ May | ○ 2010

Spotlight On Domestic Violence

*First Step Newsletter
A Program of
The Family Guidance Center*

THE **MISSION** OF FAMILY GUIDANCE CENTER'S **FIRST STEP DOMESTIC VIOLENCE PROGRAM** IS TO PROVIDE NEEDED SERVICES TO VICTIMS OF DOMESTIC VIOLENCE AND TO INCREASE COMMUNITY'S AWARENESS ABOUT THE PROBLEM.

HOW CAN YOU TELL IF SOMEONE YOU'RE WITH COULD BE AN ABUSER?

There are no absolutes, but there are personality traits and behaviors, which are characteristic of abusers.

Signs of a battering personality

Jealously: He says that jealousy is a sign of love; jealousy has nothing to do with love; it's a sign of possessiveness and a lack of trust. He will question you about who you talk to, accuse you of flirting, or be jealous of the time you spend with family, friends, or children. Over time, he'll call frequently or drop by unexpectedly; he'll ask friends to watch you, check your mileage, or may even stalk you.



Controlling Behavior: At first, he'll say this behavior is because he's concerned about your safety or wants to ensure you're spending your time well. He will get angry if you come home "late" from the store or an appointment, question you closely about where you went, who you talked to. Over time, he may not let you make a personal decision about the house, your clothing, going to church; he may keep all the money or make you ask permission to even leave the house.

Quick Involvement: He comes on like a whirlwind, claiming "you're the only person I could ever talk to", "I've never loved anyone like this before." He'll

pressure you to commit to the relationship quickly or move in together. He'll make you feel guilty if you want to slow things down or break off. Many battered women report they dated or knew their abuser less than six months before they were married, engaged, or living together.

Unrealistic Expectation: He expects you to meet all his needs and to take care of his every whim. He expects you to be the perfect lover, friend, wife, homemaker. He'll say things like, "if you love me, I am all you need you are all I need." He's emotionally needy and dependent on you.

Hypersensitivity: He's easily insulted, he claims his feelings are "hurt" when really he is very mad; he takes the slightest set backs as personal attacks on him. He will "rant and rave" about the injustice of things that have happened— things that are really just part of living, like being asked to work

overtime, getting a traffic ticket, or being asked to help with chores.

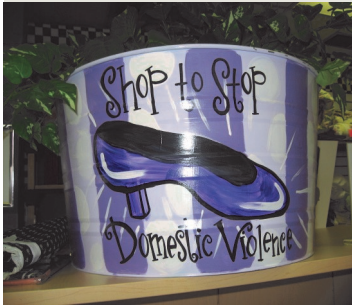
Dr Jekyll and Mr Hyde: He has "sudden" changes in mood. One minute, he's loving and all nice and the next, he's exploding. Explosiveness and moodiness are typical of people who beat their partners, and these behaviors are related to other characteristics like hypersensitivity.

More signs to come next month!

Since January 2010, there's been 22 arrests in Catawba County for assault on a female.

Be Changed; Get Involved

Shop to Stop Domestic Violence



It is time for Spring Cleaning! If you are cleaning out your home and have good conditioned clothing, furniture, home décor, household items such as, dishes, lamps, rugs etc, please donate your items to a good cause! All donations given to the Purple Ribbon are tax deduc-

table and all proceeds go towards the Shelter for Battered Women. Every week the Purple Ribbon has new items. Stop by to Shop in order to Stop Domestic Violence in our community! The Purple Ribbon is located across from the Catawba Furniture Mall on 70 S.E., Hickory; 828-322-3423

Stumped for the Perfect Mother's Day Gift?

Give a financial gift in her honor to the Battered Women's Shelter. It's a unique way to let her know that she taught you compassion and caring for others. Your gift can be mailed to the

Family Guidance Center 17 HWY 70 S.E. Hickory 28602



Join in the Fun at Family Guidance Center's Golf Tournament

Monday, June 14th, 2010

At Catawba Springs CC

Lunch at 12; Tee-off at 1:00

Team Entry Fee \$240

Captains Choice

Priceless Princess Project

Our Priceless Princess Project on April 10th, was a success. The event made dreams come true for young women, who were able to select "that perfect gown." Thank you to everyone in the community who donated a prom dress. Special thanks to two local business in Hickory: *Vitality Anti-Aging Center and Med Spa* for promoting the event to their clients, who donated dozens of beautiful gowns, and *TRACY'S on the Square*, for donating more than a dozen gorgeous gowns.



Last, but not least, thank you to the volunteers for helping make the day special for all the girls. They left the Purple Ribbon, excited with their dress and prepared to look like elegant princesses on their prom night.



If you or someone you know is a victim of abuse call

FIRST STEP at the Family Guidance Center 828-322-1400