9 THINGS I CAN DO FOR MYSELF TODAY

Abuse is exhausting and emotionally draining. I can take steps to feel better about myself.

1. I can attend support groups at my local domestic violence program.

2. I can call a domestic violence hotline, even if it’s just because I’m having a bad day.

3. I can call a friend to get support and strengthen my relationships with people who are safe and supportive of me.

4. Use “I can” statements with myself and ask what I need. It’s okay for me to be assertive to get the things that I need. I can ________________________.

5. I can ask __________________ to call me every day at a set time to check on me.

6. If I feel down and ready to return to a potentially abusive situation, I can ________________________.

7. When I have to talk with my abuser in person or by telephone, I can ________________________.

8. Tell myself ________________________ whenever I feel others are trying to control or abuse me.

9. When I need to feel stronger, I can ________________________.

Domestic Violence Hotline (800) 799-SAFE (7233)

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