

9

THINGS I CAN DO FOR MYSELF TODAY

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



We recommend using this with an advocate or therapist

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 _____.