
Do you find yourself hurting the ones you love?

You have a choice.

Are you ever afraid that your actions will cost you your partner, your kids, or even your job? There is another way.

Did you know that abuse is not just physical acts? Abuse is also:

- Calling bad names, screaming
- Throwing things around the house
- Hitting, slapping, pushing
- Isolating your partner from family and friends
- Putting someone down
- Making threats (even if you don't mean it)
- Jealousy and suspicion
- Forcing someone to have sex
- Keeping money from your partner
- Following your partner/stalking

Abuse often starts with verbal acts and grows into physical acts. It's time to change, before it grows into something more.

Make a change.

- Lower your voice
- Take a walk
- Count to 10 or 20 until you calm down
- Put your hands in your pocket and walk away
- Use kind words
- Take a deep breath, step back, cool down
- Show respect for your partner
- Stop playing mind games
- Contact the Employee Assistance Program for help

Abusive behavior harms your children as well.

Children worry that their abused parent will get seriously hurt or that their abusive partner will go to jail. Constant worry does not allow kids to pay attention to their school work. Many teenagers experience embarrassment. Many children who witness abuse become victims or abusers in future relationships. Also these children are more likely to abuse alcohol, drugs, or get involved in criminal activity.

Abuse is a crime.

Physically hurting the ones you love can land you in jail. But you can keep this from happening by getting help. You have a choice. Make the call to the EAP. It takes courage to help yourself and your loved ones but you can do it. Please call the EAP for confidential help to get started.

Source: Collin County Council of Family Violence, Texas Health Resources' Family Violence Prevention Program