

## TWELVE SIGNS OF A BATTERER

1.  Jealousy.
2.  They blame others (including you) for their faults.
3.  They blame circumstance for their problems. (“If only I had a job, I wouldn’t be so upset”).
4.  Their behavior is unpredictable.
5.  They belittle you verbally.
6.  They do not control their anger.
7.  They always ask for a second chance.
8.  They say they’ll change, that they won’t do it again.
9.  Their family resolves problems with violence.
10.  They play on your guilt. (“If you loved me, you’d...”).
11.  Their behavior often worsens when they use alcohol or drugs.
12.  They are closed minded. Their way is the only way.

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**NO ONE DESERVES TO BE BATTERED  
TWELVE AFFIRMATIONS**

1. I am not to blame for being beaten and abused.
2. I am not the cause of another's violent behavior.
3. I do not like or want it.
4. I do not have to take it.
5. I am worth working for and changing for.
6. I deserve to be treated with respect.
7. I can exercise control over my life and my children's lives.
8. I do not want my children to grow up to batter or be battered.
9. I deserve to make our lives safe and happy.
10. I can make changes in my life if I want to.
11. I am not alone. I can ask others to help me.
12. There are options.

**Family Support Center**  
**24 HR. Help Line 684-6139 • or 911 • Office phone 684-3796**  
**956 S. Main, Colville, WA 99114**

*a program of Rural Resources*

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