



- LIES -  
*overcome*  
BY THE LOVE  
*of* **Christ**

FOR VICTIMS OF DOMESTIC VIOLENCE

A close-up photograph of a woman's face, partially obscured by a semi-transparent purple overlay. The text is overlaid on this image.

# - LIES - *overcome* BY THE LOVE *of* Christ FOR VICTIMS OF DOMESTIC VIOLENCE

This book is the healing work of many survivors of Domestic Violence. Listing their fears and God's promises through support group work and advocacy equipped them to enter a life free from violence. Finding the truth, combated the lies and deflated their fears. Survivors were then able to regain their inner strength and become resilient and whole.


## **Be courageous & strength will follow**

Perhaps you have similar fears or know someone who is struggling with the truth after being abused. It is our heartfelt desire that this booklet will bring you a sense of peace and a place to begin your journey into healing and recovery. You are amazing and resilient! We pray that this booklet will encourage your heart today.

Priest River Ministries  
ADVOCATES  
FOR *women*

*You are  
not alone!*





THE LIE

**I am  
going  
crazy.**

HIS PROMISE

**For God has not  
given us a spirit  
of fear, but of  
power and of  
love and of a  
sound mind.**

2 Timothy 1:7

THE LIE

**No  
one  
will  
believe  
me.**

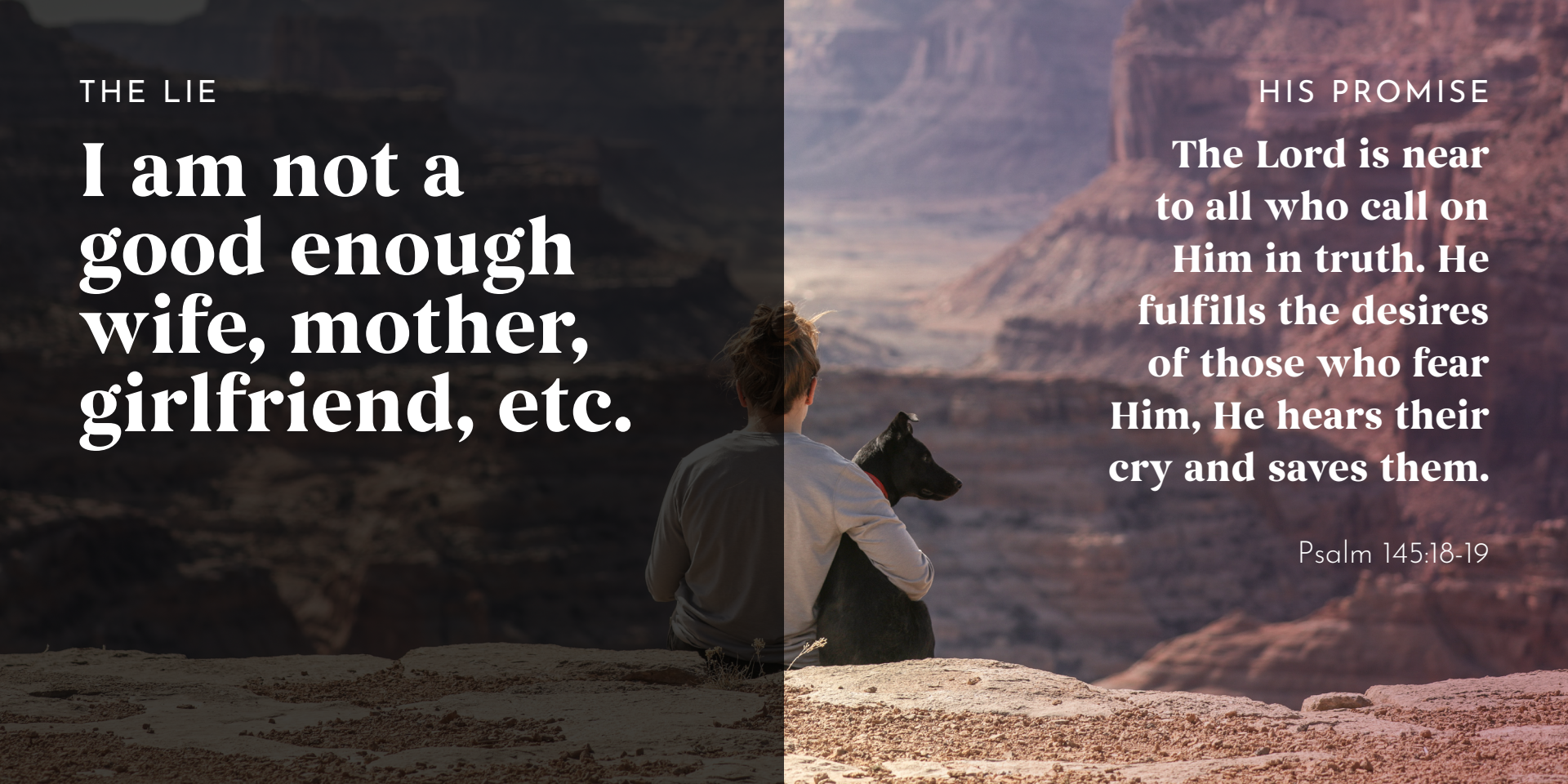


HIS PROMISE

**Rescue me from my  
enemies Lord, for I  
hide myself in you.**

Psalms 143:9



A person with their hair in a bun and a black dog are sitting on a rocky ledge, looking out over a vast canyon. The scene is split vertically: the left side is dark and moody, while the right side is brightly lit by the warm light of a sunset or sunrise. The person is wearing a grey long-sleeved shirt, and the dog is wearing a red collar.

THE LIE

**I am not a  
good enough  
wife, mother,  
girlfriend, etc.**

HIS PROMISE

**The Lord is near  
to all who call on  
Him in truth. He  
fulfills the desires  
of those who fear  
Him, He hears their  
cry and saves them.**

Psalms 145:18-19



A person wearing a hat and a long coat is sitting on a rocky cliff, looking out over a vast, hazy mountain landscape at sunset. The sky is a mix of orange and purple, and the mountains are shrouded in mist. The person is positioned in the center of the image, facing away from the viewer.

THE LIE

**I cannot  
make  
anyone  
happy.**

Philippians 4:12-13

HIS PROMISE

**I know what it is to be in  
need, and I know what it is to  
have plenty. I have learned the  
secret of being content in any  
and every situation, whether  
well fed or hungry, whether  
living in plenty or want I can  
do all things through Jesus  
who gives me strength.**





THE LIE

**I am  
stupid.**

HIS PROMISE

**(Jesus says) You are  
the light of the world!  
Let your light shine  
before others, so that  
they may see your good  
works and give glory to  
your Father in heaven.**

Matthew 5:14-16



THE LIE

**I can't  
do this.**

Psalms 146:7-9

HIS PROMISE

**He upholds the cause of  
the oppressed and gives  
food to the hungry, The  
Lord sets prisoners free,  
the Lord gives sight to the  
blind, the Lord lifts up those  
who are bowed down, the  
Lord loves the righteous.  
The Lord watches over the  
foreigner and sustains the  
fatherless and the widow,  
but He frustrates the way  
of the wicked.**



A woman with long brown hair, wearing a light blue long-sleeved shirt and dark shorts, is running away from the camera on a grassy path. The image is split vertically down the middle. The left half is dark and moody, while the right half is bright and sunny. She is holding a dark hat in her right hand. The background consists of tall grass and some yellow wildflowers.

THE LIE

**No  
one  
will  
want  
me.**

HIS PROMISE

**The Lord your God  
is with you, He is  
mighty to save.  
He will take great  
delight in you, He  
will quiet you with  
His love, He will  
rejoice over you  
with singing.**

Zephaniah 3:17

A woman with long dark hair and sunglasses on her head is sitting on a stone wall. The image is split vertically down the middle. The left side is dark and moody, while the right side is bright with a warm sunset glow. The woman is wearing a dark, ribbed halter top and patterned pants. She is looking down at her hands in her lap.

THE LIE

**I am not  
worth it.**

HIS PROMISE

**Let your roots grow  
down into Him, and  
let your lives be built  
on Him. Then your  
faith will grow strong  
in the truth as you were  
taught and overflow  
with thankfulness.**

Colossians 2:7



A woman wearing a vibrant, multi-colored striped poncho stands in a vast, open landscape. She is positioned in the lower center of the frame, looking towards the camera. The background features a range of rugged mountains with patches of snow under a cloudy sky. The foreground is filled with dry, grassy terrain. The image is split vertically: the left half is darkened, while the right half shows the full scene in natural light.

THE LIE


**I will  
be alone  
forever.**

HIS PROMISE

**God says, “Fear not,  
for I am with you; be  
not dismayed, for I am  
the Lord your God; I  
will strengthen you,  
I will help you, I will  
uphold you with my  
righteous right hand.**

Isaiah 41:10





THE LIE

**I will  
forever  
be broken.**

HIS PROMISE

**The Lord is close to  
the broken-hearted  
and saves those who  
are crushed in spirit.**

Psalms 34:18

# What is Domestic Violence?

Domestic violence is a pattern of behavior where one person exercises power and control over another person. Domestic Violence can include physical harm, emotional and psychological abuse, spiritual, religious and economical control, and cause increasing fear.

**POWER AND CONTROL** is the way an abusive partner achieves what they want. They excuse or minimize their destructive behavior, deny it altogether or blame us for causing it. Those behaviors could be one of the following:

**1. Coercion, threats or intimidation:**

- Using actions or their voice to scare us
- Destroying our things
- Threatening to hurt our family

**2. Economic abuse:**

- Controlling our availability to money
- Causing us to lose our jobs

**3. Using privilege:**

- Physical power over us
- Using immigration status against us

**4. Using children:**

- Continued pregnancies
- Threatening to take our children

**5. Denying, blaming and minimizing:**

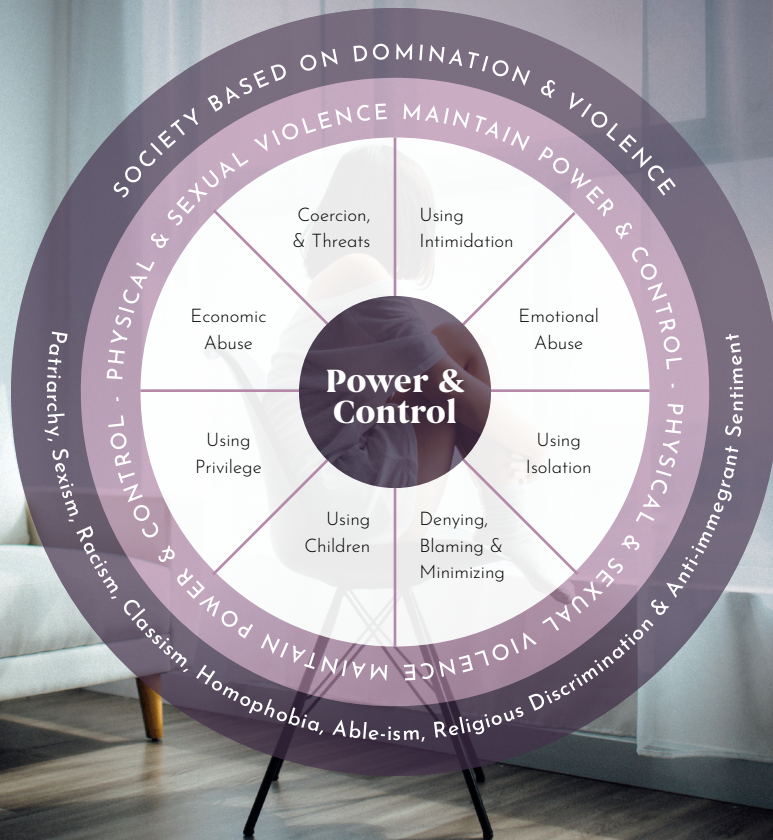
- Denying what they did
- Blaming us for their actions
- Telling us "it wasn't that bad"

**6. Using isolation:**

- Keeping us away from friends & family
- Moving us to a place without cell or Internet service

**7. Emotional abuse:**

- Discounting our feelings and opinions
- Calling us names
- Ignoring us
- Yelling at us





## Safety First

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The first thing to consider is safety. The safety of yourself and your children is a major concern for those looking to find help and resources. The dilemma, is leaving may not be your safest route. You are the expert on your abuser and his behaviors. No matter if you leave or stay, you may want to look at the options available to you with an advocate at a local community DV program. Working through the risks and difficulties with an advocate, while figuring out a way to remain safe, is what these programs are designed for. Advocates understand that leaving may not be the safest or best option for you at this time.

There are many things to consider when leaving a violent home. The abuser may become more violent with threats to hurt or kill you or someone you love. In your state, abusers may get joint custody or full custody and use the separation of you and your children as a way to force you to stay. Economically it may be hard for you to find a place to live, or a job, and because you have children, you may or may not receive any child support. Advocates understand that you may not want to leave. You just want him to change.

**Domestic violence programs help identify and create individualized, flexible strategies to increase your safety.**

**DV programs create opportunities to learn skills for coping, dealing with strong feelings, problem solving, parenting, and accessing resources. As well as provides counseling or support groups for you and your children to better understand and heal from the trauma.**

## Red Flag Warning Signs

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**HISTORY OF:** Strangulation, Forced Sex, Physical Abuse during Pregnancy, Moving of Weapons, Threatening to Kill you, your children, your pets or your family; Threats of Suicide; Extreme Obsessiveness, Possessiveness, or Stalking; Prior Police Contact/ Arrest/ Conviction of a Crime; Alcohol or Drug abuse, Physical or Sexual Violence against animals or people.

If any of the above factors are present, immediately talk to an advocate about your safety. A combination of these factors increases the likelihood of death. However, even if none of these factors are present, it does not mean you are safe – if you are worried about your safety, do not hesitate to get assistance.



## Civil & Criminal Orders of Protection

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**A NO CONTACT ORDER (NCO)** it is an order a judge signs, after an arrest, which requires the violent person from having contact with you either by phone, email, text, in person or by a third party. This can stay with the perpetrator throughout his criminal case and sometimes throughout his probation if convicted. It can only be ordered and removed by the judge, though sometimes you can request a modification or dismissal.

**A CIVIL PROTECTION ORDER (CPO)** is a free order that you can write or do online, it is a temporary order that will not be placed on the abuser's record unless it becomes permanent at the hearing. It must prove immediate and imminent danger and if a judge believes and signs it, it is good for approximately 14 days. After that time there will be a court hearing in which both parties are able to submit their side in this matter. Sometimes, judges allow a small court trial event where both sides may bring evidence and witnesses. If the judge grants a continued CPO, it is at the judges discretion how long it will last. They can last up to a year but it is rare that a judge gives that long. Also judges may modify the original order if you did not set up visitation. They may also tell the parties involved that they will need to submit parenting plans and custody orders soon as the visitation on this CPO order is temporary.

CPOs give you more control over how you want your life to continue with your partner. CPOs are for couples who are in a dating relationship, have lived together, are married, have a child together or if stalking is involved. NCOs can be against any person once there has been a crime committed.

Whether it is a CPO, an NCO, or in some states a Restraining Order, remember it is only a piece of paper. If he breaks the order, you need to call Law Enforcement but sometimes it takes many times before an arrest is made. Be diligent. Have a safety plan in place at all times. An advocate can help you decide whether staying at a shelter for awhile to see how he handles this restriction, is beneficial to you and your children.

## Services for DV Survivors

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**Crime Victim Compensation** is available for survivors to help with finances for medical treatment, lost wages, mental health counseling, funeral and burial costs and loss of support. The victim must have had a total, actual loss of wages due to injuries suffered as a result of the crime which is usually 66% of their weekly wage. Example for Idaho is:

<http://crimevictimcomp.idaho.gov>

Community Domestic and Sexual Violence Programs are completely confidential. They usually can assist in emergency shelters or short-term assistance with rent/utilities. Shelters can have individual space for sleeping and shared space for eating and bathroom needs. Children are anticipated in shelter programs, so they are equipped to care for infants to teenagers. At the shelter there are usually clothing, personal care supplies and food. Advocacy is key in these shelters as they want mom to quickly find safety and relief so that her children feel safe and stress for them is reduced. Many shelter programs offer services like counseling, child/respite care, support groups, paralegal assistance, gas and food vouchers, and assistance with transportation and safe phones. Many shelters have pet friendly spaces or have arrangements with their local pet shelter.

**DV agencies are well educated on the laws and services for their area. Contact your local program on a safe phone or computer.**

# Do & Don't Responses to DV Victims

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## **DON'T JUDGE.**

You are not in her situation.

## **DON'T BLAME.**

No one deserves to be abused.

## **DON'T TELL HER TO LEAVE.**

She already knows that but she may not feel she can.

## **DON'T SPEAK BADLY ABOUT HER ABUSER.**

That might drive her away or make her feel she has to defend him.

## **DON'T REFER HER TO CLERGY.**

Most clergy are not familiar with or comfortable discussing abuse.

## **DON'T SUGGEST COUPLES COUNSELING.**

Abusers are masters at hiding abuse and blaming their victims.

**DO BELIEVE HER,** listen to her and assure her you will keep what she tells you confidential. This will help you gain her trust.

**DO TELL HER SHE IS NOT ALONE.** Call our office 208-448-2800 or one of the hot-lines on the next page.

**DO GIVE HER THIS BOOKLET** Ask her to circle the types of abuse she is experiencing from the Power & Control Wheel.

**DO LET HER KNOW YOU ARE AFRAID** for her and her children's safety.

**DO LET HER KNOW ABOUT ALCOHOL AND ABUSE** Most abusive alcoholics who stop drinking continue to abuse.

**DO LET HER KNOW ABUSE GETS WORSE** over time, generally speaking.

**DO ASK FOR A CODE WORD** or gesture so you will know when to call the police.

**DO ASK HER TO DOCUMENT** everything by saving abusive texts and taking pictures of injuries and damage to property.

**DO PRAY FOR VICTIMS** Ask her if she has a faith community, and does she believe they are a safe resource. Then pray for safety, wisdom and favor.

**Domestic violence agencies know what to do. Encourage your friend or family member to get connected.**

## Seeking Assistance

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- **Domestic Violence and Sexual Assault Community Programs** (confidential)
- **Mental Health Professionals** (confidential)
- **Law Enforcement or Victim Witness Coordinators** (Not completely confidential as paid by county or prosecutors)
- **DV Court Coordinators** (employed by court so not confidential)
- **Physicians** (confidential)
- **Civil Attorneys or Family Law Attorneys** (you'll need to ask)
- **Domestic and Sexual Violence Crisis Lines** (confidential)
- **Local Shelter Program** (you'll need to ask)

**Domestic violence programs understand your rights and options, how to heal from trauma, and the sociopolitical root causes of violence.**

## State & National Hotlines:

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- **Idaho Domestic Violence Hotline:**  
1-800-669-3176. Answered 24/7 and provides free confidential assistance.
- **National Domestic Violence Hotline:**  
1-800-799-SAFE (7233) or **1-800-787-3224 (TTY line for Deaf/hearing impaired)**  
Free, confidential assistance 24/7 to victims of domestic violence. Multilingual and may connect you with a local program that can provide assistance.
- **Casa de Esperanza Helpline:**  
1-651-772-1611 or [www.casadeesperanza.org](http://www.casadeesperanza.org). A 24/7 Spanish bilingual domestic violence helpline as well as an online resource directory to find organizations that are equipped to assist individuals.
- **National Human Trafficking Resource Center:**  
1-888-373-7888 or [www.traffickingresourcecenter.org](http://www.traffickingresourcecenter.org). Available to answer calls from anywhere in the country, 24/7 with more than 200 languages.
- **RAINN (Rape, Abuse, Incest National Network):**  
1-800-656-HOPE (4673) or [www.rainn.org](http://www.rainn.org). Free confidential assistance 24/7 to victims of sexual assault. This hotline will connect you with a local program that can provide assistance. RAINN is multilingual via phone and the RAINN website has a "chat" feature that you can use to talk with an advocate.

## The Lie

## THE PROMISE

## The Lie

## THE PROMISE

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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Priest River Ministries  
**ADVOCATES**  
FOR *women*

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