POST TRAUMATIC RELATIONSHIP SYNDROME

In the United States, 1 in 3 adult women and 1 in 4 adult men are victims of some form of physical violence by an intimate partner during their lifetimes.* One in three adolescents in the U.S. is a victim of abuse from a dating partner.***

ABUSIVE INTIMATE RELATIONSHIP ARE TRAUMATIC

SUFFERING FROM PHYSICAL, SEXUAL, EMOTIONAL, PSYCHOLOGICAL OR ECONOMIC ABUSE FROM AN INTIMATE PARTNER HAS A LARGE IMPACT ON YOUR MENTAL HEALTH AND WELL BEING

IF YOU HAVE POST TRAUMATIC RELATIONSHIP SYNDROME YOU ARE NOT ALONE
What is Post Traumatic Relationship Syndrome?*

PTRS is a post-traumatic syndrome resulting from a range of trauma experienced in the context of any emotionally intimate relationship.****

Physical Abuse
Physical abuse includes the physical assault, battery, and sexual assault used as part of a systematic pattern of power and control perpetrated by one intimate partner against another.

Emotional Abuse
A relationship is emotionally abusive when there is a consistent pattern of abusive words and bullying behaviors that wear down a person’s self-esteem and undermine their mental health.

Psychological Abuse
Psychological abuse involves trauma to the victim caused by verbal abuse, acts, threats of acts, or coercive tactics. Perpetrators use psychological abuse to control, terrorize, and denigrate their victims.

Relationship Abuse in Georgia
35.1% of Georgia women and 39.9% of Georgia men experience intimate partner physical violence, sexual violence and/or stalking*

Georgia Coalition Against Domestic Violence
24-Hour Statewide Hotline
1-800-334-2836

Economic or Financial Abuse
Economic abuse is when an abuser takes control of or limits access to shared or individual assets or limits the earning potential of the victim to gain power and control. The abuser separates their partner from their own resources, rights and choices, isolating them financially and creating a forced dependency.

Information Sourced from the National Coalition Against Domestic Violence (NCADV)
** Verywell Mind online partner of the Cleveland Clinic
***Loveisrespect a project of the National Domestic Violence Hotline.
****The Neurotypical Website on Post-Traumatic Relationship Syndrome

More than 10 million Americans are victims of physical violence annually

If you feel wounded, frustrated, confused, misunderstood, depressed, anxious or worthless any time you interact, chances are high that your relationship is emotionally abusive.

Psychological abuse independently causes long-term damage to a victim’s mental health. Subtle psychological abuse is more harmful than either overt psychological abuse or direct aggression.
What does relationship abuse look like?

**Physical**
- Physical Violence is illegal and never justified in an intimate relationship
- Slapping
- Punching
- Choking or Strangling
- Throwing things
- Reckless Driving
- Threats of Violence
- Physical Restraints
- Sexual Assault (All non-consensual sexual acts)
- Force feeding/Denying food

Physical Abuse may begin as one slap or shove, but it will intensify over time.

Call Emergency Services ASAP

**Emotional**
- Unrealistic Expectations: Unreasonable demands and expects you to put everything aside and meet their needs
- Invalidating You: Refusing to accept your feelings by defining how you should feel
- Calling you "too sensitive," "crazy," or "too emotional"
- Creating chaos: Starting arguments for the sake of arguing
- Emotional Blackmail: Manipulates and controls you through guilt
- Act Superior/Entitled: Says your opinions, ideas, or thoughts are stupid or "do not make sense"
- Isolates and Controls: Treating you like a possession or property

**Psychological**
- An abuser may: Humiliate you
- Control what you can or cannot do
- Withhold information from you
- Deliberately do something to make you feel diminished or embarrassed
- Isolate you from friends and/or family
- Deny access to money or other basic resources
- Stalk
- Demean you in public or in private
- Undermine your confidence and/or sense of self-worth
- Convince you that you are crazy

**Economic**
- Recognize these patterns: Employment-related abuse
- When the abuser prevents a victim from earning money
- Preventing you from attending a job
- Demanding that you quit your job
- Preventing the victim from looking for jobs or attending job interviews
- Harassing you at your job

- Coerced Debt
  - Forced non-consensual, credit-related transactions
  - Applying for credit cards, loans, or opening accounts in your name without knowledge or consent
  - Forcing you to sign documents

- Prevent Access to Funds
  - Deciding when or how the victim can access or use cash, bank accounts, or credit cards
  - Withholding information or consent

Relationship Abuse Can Leave a Survivor with Long-lasting Trauma

Trauma is a result of an intense emotional, physical, or psychological experience. An abusive relationship with a partner, parent, or someone you're close to is traumatic and difficult to live with.

Traumatic memories can be triggered and relived by stressors linked to the harmful intense experience.

Triggers could include images of your abuser, hearing their voice, physical restraint or tightness, specific places or settings, or even seemingly simple everyday items, sights or sounds.

No Matter What They Are, Your Triggers Are Real.

Where to Begin When You're Ready

Trauma is difficult to face, and even harder to treat. So when you are prepared and willing, here's where you can start.

- Make your Health a True Priority
- Establish Boundaries with the Abuser and Follow Through
- Stop Blaming Yourself, It Is Not Your Fault.
- Do Not Engage With The Abuser
- Work on an Exit Plan With Healthy Support**

The Impact of Relationship Abuse on Your Mental Health

*Information Sourced from the National Coalition Against Domestic Violence (NCADV)

** Verywell Mind online partner of the Cleveland Clinic

***Loveisrespect a project of the National Domestic Violence Hotline.

****The Neurotypical Website on Post-Traumatic Relationship Syndrome
For Immediate Access to Routine or Crisis Services
Georgia Crisis & Access Line
1-800-715-4225
mygcal.com

If You Think You Are Experiencing Relationship Abuse
Call the National Domestic Violence Hotline
1–800–799–SAFE(7233)
thehotline.org

This information was provided by these
databases and organizations. For additional
information, please visit their websites.