

Support for someone in a toxic relationship

Domestic Abuse is "a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner."

U.S. Department of Justice



C

COMPASSION - is the first response. Compassion & kindness go a long way when someone is in a toxic relationship. Avoid judgment, criticism, and questions like "Why don't you just leave?"

A

ASSESS THE DANGER LEVEL - Gently ask if they feel safe in their relationship and home. If not, don't overreact. Share that "it must be scary" and you are "concerned for their safety". Suggest they search online to create a safety plan.

R

RESOURCES - Share local and national resources when they are ready. Scan QR code for a list but more may be available in your area.



E

ENCOURAGE - Encourage them by being a good listener and letting them know how valuable they are as a person. Your words of affirmation will help counteract the negative verbal messages they are being told.

