



**Independence House, Inc.**

*Cape Cod's leading resource,  
counseling and advocacy  
center to address and prevent  
domestic and sexual violence.*

*Promoting safe and healthy relationships.*

## Domestic Violence

Domestic Violence is a pattern of coercive and controlling behaviors that one person uses over another to gain power and control. Domestic Violence may include verbal abuse, emotional/mental/psychological abuse, physical abuse, financial abuse and sexual abuse.

Independence House offers individual counseling, advocacy and group counseling for survivors of Domestic Violence, specifically intimate partner violence. All of our activities are individualized to each person's situation.

All services are free and confidential.



The Independence House Domestic Violence Program is funded by the Commonwealth of Massachusetts Department of Children and Families (DCF); Executive Office of Public Safety and Security (VAWA); and the Victims of Crime Act (VOCA).

**24-hour Hotline: 800-439-6507**

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## Domestic Violence

### WARNING SIGNS OF ABUSE\*

Check this list of warning signs to help answer the question: Am I Safe? These behaviors may indicate that you or someone you know is suffering from an abusive relationship.

#### Are you with someone who...

- Is jealous and possessive toward you, won't let you have friends, checks up on you, won't accept breaking up?
- Tries to control you by being very bossy, giving orders, making all the decisions; doesn't take your opinion seriously?
- Is scary? You worry about how they will react to things you say or do? Threatens you, uses or owns weapons?
- Is violent: has a history of fighting, loses temper quickly, brags about mistreating others?
- Pressures you for sex, is forceful or scary around sex? Thinks of you as a sex object? Attempts to manipulate or guild-trip you by saying "if you really loved me you would..."? Gets too serious about the relationship too fast?
- Abuses drugs or alcohol and pressures you to take them?
- Blames you when they mistreat you? Says you provoked them, pressed their buttons, made them do it, led them on?
- Has a history of bad relationships and blames the other person for all the problems?
- Believes that men should be in control and powerful and that women should be passive and submissive?
- Has hit, pushed, choked, restrained, kicked, or physically abused you?
- Your family and friends have warned you about the person or told you they were worried for your safety?
- If you are gay, lesbian, bisexual or transgender, has threatened to 'out' you to family, friends, or co-workers if you don't comply with certain demands?
- If you are an immigrant, has threatened or tried to turn you in to authorities and get you deported?

If you answered "YES" to any of these questions in thinking about yourself or someone you know, you are not alone. You can call and speak to a staff member/volunteer at Independence House. **All services are free and confidential.**

**\*Warning Signs of Abuse from Jane Doe, Inc., Massachusetts Coalition of Domestic Violence and Sexual Assault Programs**

### Independence House also offers

**Sexual Violence Services  
Child Witness to Violence Services  
SAFEPLAN, Civil Legal Advocacy  
Teen Services  
Prevention and Education Activities  
Housing Services  
Safe Home Services**