

# DOMESTIC ABUSE RESOURCES

*with clickable links*

## ARE YOU IN AN ABUSIVE RELATIONSHIP?

- **GRAPHIC:** [Power & Control Wheel](#)
- **GRAPHIC:** [Cycle of Abuse](#)
- ["7 Steps to Getting Out of Your Emotionally Abusive Marriage"](#)
- ["How to Know if Your Christian Marriage Crosses the Line from Normal to Abusive"](#)
- ["7 Ways to Identify a Passive-Aggressive Narcissist"](#)
- ["12 Tactics of Hidden Emotional & Psychological Abuse"](#)
- ["You Have 10 Strengths that Will Help You Find Freedom from Emotional Abuse"](#)

## PODCASTS, WEBSITES, BLOGS, & VIDEOS

- [The Flying Free Podcast](#) - This podcast offers a Christ-centered perspective on emotional and spiritual abuse that protects and honors women.
- [Patrick Doyle Website](#) - Resources for those in an emotionally abusive relationship.
- [The Esther Company Blog and Website](#) - A website and blog to empower women.
- [The Exodus Project Blog](#) - A blog to empower survivors.
- ["Defining Covert Abuse"](#) - A video from *Marriage Recovery Center*.
- ["Thirty Patterns of Behavior in an Emotionally Abusive Relationship"](#) - A video from *Flying Free*.

## BOOKS DEFINING ABUSE IN A CHRISTIAN CONTEXT

- [When Loving Him Is Hurting You: Hope and Help for Women Dealing with Narcissism and Emotional Abuse](#) by Dr. David Hawkins
- [Is It Me? Making Sense of Your Confusing Marriage: A Christian Woman's Guide to Hidden Emotional and Spiritual Abuse](#) by Natalie Hoffman
- [The Emotionally Destructive Marriage: How to Find Your Voice and Reclaim Your Hope](#) by Leslie Vernick
- [The Life-Saving Divorce: Hope for People Leaving Destructive Relationships](#) by Gretchen Baskerville

## ARTICLE FOR HELPERS

- ["The Role of a Helper in Abusive Relationships"](#)



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## DOMESTIC VIOLENCE HOTLINE

800.799.SAFE (7233) | SMS: Text START to 88788

**Need to talk to someone?** We can connect you to people who understand what you're going through. Email Pastor Jeff Krajewski at [jeff@cgground.org](mailto:jeff@cgground.org).