ABUSE ADVOCACY: A QUICK VISUAL GUIDE

SARAH McDUGAL
These are not a linear cycle. They may happen in any order or none. There is no “honeymoon” or season of “real love” — all apparently good acts are actually their own form of abuse, deceiving the victim to develop trust.

**BUTTER UP**

**BEG/BLEAME**
Abuser knows they’ve gone “too far”. They may apologize, cry, make promises. May also insinuate their behavior was your fault. Makes you feel: obligated to forgive & selfish for wanting more.

**BURN**
The mood turns. You start to feel insecure (again). There’s a sharp comment or a painful disclosure. Promises get broken. Makes you feel: betrayed & heartbroken.

**BATTER**

**BLAST**

Living in this environment feels like you are existing in a swirling vortex of hope, anguish, obligation, fear and self-doubt. Insecurity abounds and you never know what today will bring.
CAUSES OF ABUSE

- Getting Drunk
- Having an Abusive Parent
- Having a "Crazy Ex"
- Being in Charge
- Being Male
- Being Rich
- Being Smarter Than Everybody Else
- Choosing to Act Abusively

There's only one cause of abuse.
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CAUSES OF RAPE

- Getting Drunk
- Going Jogging
- Flirting
- Being Friendly
- Being Female
- Being Pretty
- Dressing Cute
- Choosing to Commit Rape

There's only one cause of rape.
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CONTROLLERS MAY BE..

**ENRAGED**
at home, but calm and smiling elsewhere.

**SELFISH**
and self-centered with you, but generous and supportive with others.

**DOMINEERING**
at home but willing to negotiate and compromise outside.

**NEGATIVE**
about females on his own turf, but a vocal supporter when anyone is listening.

**ASSERTIVE**
toward partner and children, but non-threatening and non-violent to others.

**ENTITLED**
at home, but critical of other men who disrespect and assault women.

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**READY TO CRACK FROM STRESS ON YOUR ABUSE RECOVERY JOURNEY?**

**BACK TO BASICS**

Eat. Sleep. Repeat. Get a meal into your body. Calories are more important than vitamins if you keep forgetting to eat. Smoothies are good, too. Whatever keeps you going, and doesn’t make you sick.

**BURN OFF THE STRESS**


**BEDTIME WITH THE BIRDS**

Sleep Is Your BFF. Self care revolves around good sleep. Take hot baths before bed. If you can’t make your brain shut down on your own, talk to your doctor about a temporary sleep aid. Help your brain shut down to prevent total circuit overload.

**BREAK THINGS DOWN**

Just One Small Task At A Time. Find the tiniest possible task to accomplish, and make that your goal. Then the next tiny step. Like “shut the stack of papers” tiny. Or, “buy a .50 folder for sticky notes” tiny. Give yourself a break from the big picture.

**BUST OUT THE TUNES**

No Sad Music Allowed. Fill your atmosphere with lullabies, praise songs, fight songs, courage songs, and soothing Scripture meditations. No mournful country songs or broken hearted ballads for now. Remember: It’s ok to not be ok for a while.

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Darling,
you can be

Strong  Soft
Fierce  Gentle
Grieving  Joyful
Direct  Kind
Empathic  Set Boundaries
A leader  Be mentored
Creative  Need inspiring
Independent  Want protecting
Listening  Speak truth
Brave  Desire support
Forgive  Not trust
Discouraged  Choose hope
Move on  Need justice

Simple steps to phone security
Make your safety a priority!

1. Change passwords
   - Fresh passwords on everything, including your backup email accounts. Use a password you've never used before that isn't easy to guess. Don't write new passwords down. Get a password app like 1Pass to keep your passwords encrypted.

2. 2-factor authentication
   - Make sure all social media accounts and emails have two-step login turned on. This prevents someone else from changing your password without your knowledge.

3. Turn off locations
   - Deactivate locations in your settings on your phone, tablet, iPad, laptop, etc. Do this for all apps. Change your email address if you use Google maps for GPS. Anyone with access to your email can track every trip.

4. Touch ID & pass codes
   - Make sure your phone and tablets have Touch ID activated, and update your phone's pass code. Check the Settings to make sure no one else has added their fingerprint to your devices.

5. Get a new Apple ID
   - If you have a shared Apple ID, or family account, other members of your family may be able to obtain access to your messages and apps, especially if you use iMessage.

6. Remove tracking apps
   - Delete any location tracking apps such as Life 360, FindMyFriends, etc. Completely remove these apps from your phone, don't just turn them off.

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Word Salad

DO SOME CONVERSATIONS LEAVE YOU CONFUSED?

- Circular Conversations That Never End
- Issues That Never Get Resolved
- Meaningless, Irrelevant Information
- Illogical, No Direction
- Sarcastic
- Mock Taunt Blame
- Deny Evade Deflect
- Vague Slippery "Can't Remember"
- Alternates Between Hero and Victim
- CompetitiveTit for Tat Excuses

These are signs of an emotionally abusive relationship.

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STOP SAYING "I'M SORRY"
(For things that aren't your fault)

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<td>I'm Sorry I Didn't Understand</td>
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There's only one cause of abuse.

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He hit her with shame.
He slapped her with accusations.
He choked her with silence.
He pinched her with contempt.
He slammed her with betrayal.
He smothered her in humiliation.
He twisted her with mind games.
He strangled her with isolation.
He bruised her with false guilt.
He tortured her with false hope.
He blasted her with false shame.
He whipped her with criticism.
He beat her with past mistakes.
He restrained her with self-doubt.
He raped her with his addictions.
He pushed her past human limits.

But he never touched her.
Learn more @sarahmcdugal
SHE’S MORE THAN A PRINCESS
TELL HER SHE IS OTHER THINGS TOO:

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"NOBODY ELSE WOULD PUT UP WITH YOU LIKE I DO."
...because they want you to stay dependent on them for your sense of approval and value, instead of disentangling from the enmeshment.

"NOBODY ELSE THINKS THAT, JUST YOU..."
...because you're more likely to doubt yourself if they can convince you that everyone else agrees with them, regardless of whether it's true.

"I HAVE NO IDEA WHAT YOU'RE TALKING ABOUT!"
...because you're pointing out facts they want to keep hidden, or they're twisting what was agreed on even though you may have hard evidence.

"WHAT ABOUT YOUR ISSUES? YOU'RE NOT TALKING ABOUT MINE!
...because you're setting boundaries and pointing out ongoing patterns of behavior that they refuse to take responsibility for.

"I'VE ALREADY SAID I WAS SORRY, STOP HARPing!"
...because you're asking them to do more than words and their actions aren't consistent with their words.

"IF YOU HAD JUST ____, I WOULD NEVER HAVE ____..."
...projecting blame onto you for whatever choices they made that caused you harm or pain in the first place, implying their behavior is your fault.

"I CAN NEVER GET ANYTHING RIGHT FOR YOU!"
...because you're asking for them to follow through with what was actually agreed instead of bailing or changing stories partway through.

"WHY CAN'T YOU JUST LET IT GO?"
...because they're mad that you have recognized pervasive and repeated patterns of behavior that they want to continue getting away with.

"YOU DIDN'T LET ME FINISH WHAT I WAS SAYING."
...because they are attempting to counter your truthful statement, intimidate you into silence, and cause continued emotional abuse.
GOD does not dominate or control.

Only SATAN seeks power over.

(Mark 10:42-45) (Ephesians 5:25)

GOD does not deceive or manipulate. Neither do His followers.

If someone is untruthful, they are acting like LUCIFER, the Father of Lies.

(Deuteronomy 32:3-5) (John 8:43-44)

FORGIVING doesn’t mean you can never speak of it again.

GOD only wipes out sin that has been trampled and turned away from.

(Micah 7:19) (Luke 17:3)

YOU are not being punished for sins by suffering.

YOUR suffering does not purify another person.

(John 9:3)

GOD does not condone violence in the name of loving relationships.

HE suffers when you suffer.

(Psalm 11:5) (Proverbs 3:30-33)

SCRIPTURE does not justify abuse from either spouse.

MEN AND WOMEN are equal in dignity and value, and should show mutual kindness.

(Ephesians 5:21) (Genesis 1:27-28)
1. Protocols
   Commit to creating a safe environment by prioritizing and implementing safety and security protocols for members and visitors.

2. Emergency Response Committee
   Authorize & support a new Emergency Response Committee (ERC) to:
   - Identify trained emergency professionals among membership
   - Prep protocols for a variety of emergencies, and train leaders.

3. Risk Assessment
   ERC should conduct an on-site risk assessment of the church and its perimeter, to identify potential risks and exposure points.

4. Technology
   Prioritize investment in technology for safety and security, such as:
   - alarm system
   - security cameras
   - key cards

5. Liaise W/ Community
   Establish working relationships with community emergency response departments, such as the fire station, sheriff’s department, police chief, Domestic Violence shelters, mayor, and city council.
Church Security
13 Starter Tips

6 Investigate
Investigate every accident or incident occurring on church property, and prepare written reports on each occurrence. Keep these filed in a secure location.

7 Secure Entrances
Immediately control all entrances to the church. Lock and monitor the main entrance, assigning deacons or ushers to ensure controlled access.

8 Safety Zones
Immediately check all fire extinguishers, doors, locks, and exit signs to ensure every zone is well-equipped, working properly, and in good repair. Repeat monthly.

9 Active Shooter
Schedule an Active Shooter Training, and require attendance by all leaders and volunteers.

10 Threat Recognition
Ask local law enforcement to train all your deacons and greeters in basic threat recognition. Make sure your team knows that if they see something, they are expected to say something.

11 Check Backgrounds
Prioritize thorough background checks for all volunteers, not only those who work with children. Develop a strict training and safety protocol for children’s volunteers.

12 Report Abuse of Minors
Communicate expectations that any suspicion of inappropriate behavior toward minors — by any member, visitor, or volunteer — must be immediately reported to law enforcement, and fully cooperate with any investigations.

13 Domestic Violence
Educate church staff and volunteers about domestic violence. Choose a DV contact person who is discreet and well-trained to liaise with church and community, implement awareness of DV support protocols to all church members.

Thanks to:
Gary Loster and the Loster Consulting Group, for providing these church security tips. For active shooter training, church security consulting and more, email: gary.oster@yahoo.com
POWER
CHILDREN
CULTURE
EMOTION
FINANCIAL
INTELLECTUAL
PETS & STUFF
PHYSICAL
PSYCHOLOGICAL
SEXUAL
SOCIAL
SPIRITUAL
VERBAL
A core mindset of **power** drives all 12 forms of abuse.

1. **Delusions of Grandeur**
   Believes they're smarter, wiser, stronger, more powerful than they really are.

2. **Entitled**
   Acts as if others should give way to their preferences, or take care of their needs.

3. **Creates Chaos**
   Gains control by turning people against each other.

4. **Rigid Religion**
   Dictates belief system for everyone in the household.

5. **Credit Hog**
   Steals other people's ideas, doesn't share the glory.

6. **Supremacist**
   Looks down on culture, color, gender, age, status -- thinks own identity is superior.

7. **Obsessed w/ Respect**
   May get aggressive to peers, children, elderly, who act with perceived disrespect.

8. **Fixated on Appearance**
   Expects others to keep secrets, maintain glossy public image regardless of reality.

**Learn More @SarahMcDugal**
A core mindset of power drives all 12 forms of abuse.

**1. Threats**
Threatens to harm children, or actually harms them. If you don’t do what they say.

**2. Money**
Doesn’t pay child support, avoids reporting income, argues over legitimate needs.

**3. Shaming**
Belittles you in front of the children, shames you or them by comparing your faults, undermines house rules and healthy parenting.

**4. Silencing**
Leverages the children to keep you silent about other things, and makes you feel you can’t speak out.

**5. Molestation**
Abuses other people’s children, even if they never overtly harm your own kids.

**6. Fear**
Scares you in front of the kids, or hurts you in front of kids to scare them.

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**Systems of Abuse - 2**

A core mindset of power drives all 12 forms of abuse.

**1. Mistsreats you**
And then blames it on either their cultural expectations, or yours. Or says it’s just how things were done in their family of origin.

**2. Demeans you**
Because of your heritage, whether ethnicity, your language, your skin color, or your religious background.

**3. Forces you**
To embrace their culture and heritage at the expense of your own. Says theirs is better than yours, refuses to let you celebrate your own customs.

**4. Isolates you**
From mainstream cultural practices, and keeps you away from friends or activities that aren’t rooted in their culture. Uses language barriers to prevent your socialization.

**5. Silences you**
By using cultural expectations or family shame to keep secrets, avoid friendships, or do things their way.

**6. Exploits you**
By using language barriers to prevent your socialization and interaction with others.
# Systems of Abuse

A core mindset of power drives all 12 forms of abuse.

1. **Invalidates**
   - your access to money, accounts, income, cash flow, activities, shopping, travel, or any of the above.

2. **Tracks**
   - every penny you spend, or expects you to track it and report back. May also include tracking gas mileage, grocery budget, and personal items.

3. **Denies**
   - child support payments, shared parenting expenses, bill collectors, promised expenditure.

4. **Manipulates**
   - impulsively on themselves while micromanaging others in the family, or offsets stinginess with big gifts.

5. **Flips Arguments**
   - with your access or eligibility for welfare, state aid, health care, scholarships, or other supports.

6. **Acts Possessive**
   - all the big financial things, without giving your opinion equal weight, sharing important details, or accounting for your needs.

7. **Vacillates**
   - about what they spend, where they spend it, or who they spend it with.

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**Emotional**

1. Invalidates
2. Insults
3. Denies
4. Manipulates
5. Flips Arguments
6. Acts Possessive
7. Vacillates

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**Financial**

1. Limits
2. Tracks
3. Denies
4. Manipulates
5. Flips Arguments
6. Acts Possessive
7. Vacillates
**Systems of Abuse - 5**

A core mindset of power drives all 12 forms of abuse.

1. **Demands**
   - perfection from you, your children, and possibly others around them, rooted in a need to reflect well back on them.

2. **Insists**
   - that you prove you have a right to hold an opinion, or that you show proof that your opinion is valid.

3. **Insults**
   - your education level, your intellect, your thinking ability, etc. Feels they and others are superior to you.

4. **Dumbs**
   - you down, acts surprised if you have something intelligent to say, assumes your comprehension level is lower than reality.

5. **Intimidated**
   - by your brain, flummoxed by your mind, can’t handle it if you speak intelligently for fear it will steal their limelight. May say you’re boring.

6. **Refuses**
   - to allow you the freedom to disagree or hold a contrary opinion to theirs, especially in public.

7. **Invalidates**
   - others if anyone notices their behaviors, abuses, or inconsistencies and begins to point it out.

**Learn More @SarahMcDugal**

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**Systems of Abuse - 6**

A core mindset of power drives all 12 forms of abuse.

1. **Confiscates**
   - your car keys, your Driver’s License, your passport or other identification, to “keep it safe” so you are trapped.

2. **Damages**
   - your automobile, or refuses to keep it safely maintained and fueled, limiting your freedom and safety.

3. **Trashes**
   - your favorite things, says “it was an accident.” Or they go missing without explanation, and they hid it.

4. **Harms**
   - your pets, or gives them away, or refuses to provide food and care for them when needed.

5. **Punches**
   - walls, slams doors, breaks things, throws things, wreaks havoc, makes you afraid.

6. **Threatens**
   - to do any of the above, even if they don’t follow through on the threat for whatever reason.

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A core mindset of power drives all 12 forms of abuse.

**SYSTEMS OF ABUSE - 7**

**1. RECKLESS**
- Driving, road rage, bursts of anger or aggression towards others who are slower, weaker, less competent.

**2. DISTURBS**
- Your sleep and quiet times, wakes you from slumber, prevents you from resting by arguing, calling, texting, or making noise.

**3. CHOKES**
- You (even once), restrains you in any way, attempts to control your breath or freedom to breathe.

**4. BLOCKS**
- Your exits, won’t let you leave the room or the house, prevents you from calling for help.

**5. PREVENTS**
- Your access to medical care, emergency care, or appropriate medications, remedies, or nutrition.

**6. HURTS**
- You by using items other than hands, whether implements or household things.

**7. ASSAULTS**
- You by throwing things, slapping, hitting, spitting, punching, biting, pinching, kicking, or using body weight.

**SYSTEMS OF ABUSE - 8**

**1. GASLIGHTS**
- You by saying or doing things, even right in front of you, and then denying it later and making you question your sanity.

**2. TERRORIZES**
- You, and then expects you to move on as if the incident or argument never happened.

**3. CONTROLS**
- Even the smallest aspects in your life - food, fun, friends - perhaps saying it’s because they care so much.

**4. PROJECTS**
- Responsibility for their addictions or compulsive behaviors onto others or saying it’s your fault too.

**5. DISPLAYS**
- Weapons as a way to keep you aware of how they could hurt you if they really wanted to.

**6. CONVINCES**
- You that they know much better than you do, and you should let them make decisions for you.

**7. THREATENS**
- To hurt themselves, hurt others, kill themselves, kill others. Or brings these things up in a joking way.
SYSTEMS OF ABUSE - 9

A core mindset of **power** drives all 12 forms of abuse.

1. **FORCES**
you to have sex. Coerces or urges you against your wishes. Or withholds sex as punishment for periods of time.

2. **CRITICIZES**
your body, your sexuality, or your sexual preferences. Shames or mocks your comfort zone.

3. **DEMANDS**
sexual favors as payment or compensation, in return for things they did or bought for you.

4. **WATCHES**
pornography or makes you watch it. Porn is inextricably tied to the human trafficking trade, and directly impacts reduced empathy.

5. **CHEATS**
on you by having affairs or one night stands, or by paying for sexual services. Or threatens to do these.

6. **DISCONNECTS**
from your heart, soul, and mind, lacking intimacy or connection beyond sexual acts.

7. **MOLESTS**
or sexually abuses others, regardless of whether adults or minors, outside your marriage.

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SYSTEMS OF ABUSE - 10

A core mindset of **power** drives all 12 forms of abuse.

1. **EAVESDROPS**
on your communication and invades your privacy by monitoring your phone, email, messages, texts.

2. **TRACKS**
your social media accounts, posts, and interactions. Wants your passwords to be shared.

3. **MONITORS**
your mileage and always needs to know where you went, who you went with, and for how long.

4. **DISCOURAGES**
you from cultivating friendships, social interactions, healthy work connections, or fun times unless they are behind it.

5. **DICTATES**
your freedom or your options for pursuing education, employment, or self-improvement opportunities. Makes you ask permission to get involved with activities.

6. **KEEPS**
you at home as much as possible, where you are less influenced by other people's ways of thinking and doing things.

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SYSTEMS OF ABUSE
A core mindset of power drives all 12 forms of abuse.

 SPIRITUAL

TWISTS
Scriptures to avoid accountability, create power vacuum, or lord it over others around them.

EXPLOITS
religious beliefs and philosophies to gain advantage over others, or reduce obligations.

LEVERAGES
spiritual leaders, books, or information against you to get you to adhere to their preferences.

SILENCES
you with bible verses to teach subjugation, and condition you to accept their power over you.

BELIEVES
you need them in order to properly understand truth, communicate with God, or listen to the Holy Spirit.

SOUL
destroying behaviors of any kind that reduce your personhood, remove your voice, or come between you and your personal relationship with God.

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 SYSTEMS OF ABUSE
A core mindset of power drives all 12 forms of abuse.

 VERBAL

DETAILS
how you should do everything, and makes sure you are told if you didn’t do it their way to their satisfaction.

CUTS OFF
your opportunities to speak, or habitually interrupts you during conversation as if you add no value.

PUTS DOWN
your perspective, opinion, experience, knowledge, or ways of viewing things.

FORBIDS
you from talking to others about issues, or confiding in trusted friends or mentors when needed.

SHAMES
you, silences you, insults you, and communicates that they have a low opinion of your worth.

YELLS
at you, screams, swears, calls you names or uses tones of voice that are condescending and sarcastic.

HUMILIATES
you by treating you in these ways in front of others, or encouraging other people to treat you this way too.

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SYSTEMS OF LOVE & HONOR

A mindset of love & honor makes relationships safe.

1. ACKNOWLEDGES REALITY
   Doesn’t evade. Admits past events transparently. Accepts responsibility for own actions and choices.

2. GIVES CREDIT FREELY
   Doesn’t hog the limelight. Quick to share credit with others who have earned it. Realizes own limitations.

3. SEEKS MENTORSHIP
   Sees value in counseling, coaching, and wisdom from others. Accepts external accountability in humility.

4. PURSUES RECOVERY
   Seeks qualified professional help for any addictions, trauma, or healing.

5. HONORS OTHERS
   Values other people regardless of age, culture, gender, or ethnicity.

6. ACTS WITH RESPECT
   Treats others with respect, regardless of what they have to offer, because they are persons.

7. SEEKS TO SERVE
   Consistently acts with a selfless, kind, heart of service to others who have nothing to offer in return.

8. REFUSES POWER-OVER
   Rejects opportunities (even “justified” ones) to use their power to exploit, demean, or harm others.

LEARN MORE FROM SARAH MCDUGAL: WILDERNESSSTOWILD.COM
A mindset of love & honor makes relationships safe.

**CHILDREN**

1. **PROTECTS**
   Keeps children safe physically and emotionally, regardless of adult issues or hardships.

2. **PROVIDES**
   Works to meet family needs and maintain financial stability for everyone (not just self), OR provides consistent, sufficient child support.

3. **BUILDS UP**
   Encourages and supports you in front of the children. Expects the children to treat you with honor and respect as well.

4. **ROLE MODEL**
   Lives with truthfulness and honesty, takes responsibility for mistakes and asks children for forgiveness. Acts responsibly and purposefully, knowing kids are watching.

5. **SHOWS KINDNESS**
   Treats children and relatives with kindness and patience. Understands that each child is different. Does NOT play favorites as a parent.

6. **SECURE IDENTITY**
   Does not seek to live their dreams vicariously through the children or force children to achieve in the parents’ place.

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**CULTURAL**

1. **RECOGNIZES FLAWS**
   Understands that every culture has strengths and flaws. Treats you well regardless of “how they do it back home”. Does not use culture as an excuse to be selfish or demanding.

2. **UPLIFTS YOUR CULTURE**
   Celebrates the things you love about your culture and invites you to embrace aspects of their culture that appeal to you.

3. **RESPECTS UNIQUENESS**
   Shows sensitivity to other cultural practices, even if they are unfamiliar. Seeks to understand and explore the mindset behind how other people think and process the world.

4. **INVITES EXPERIENCES**
   Exposes you and themselves to new experiences and interactions, without forcing you. Enjoys trying new things without being judgmental orcondemning.

5. **REJECTS SHAMING**
   Knows that cultural norms can be emotionally triggering and avoids intentionally causing shame or conflict due to cultural differences.

6. **AFFIRMS ADJUSTMENTS**
   Supports your language learning efforts, and other cultural adjusting. Makes sure you understand what’s being said around you.

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EMOTIONAL

1. VALIDATES
   Affirms your perception of reality and your experiences. Recognizes that their perception doesn’t nullify yours.

2. COMMUNICATES
   Shows consistent, unwavering honesty and transparency in all communication. Owns their own feelings without blaming you.

3. AFFECTIONATE
   Offers regular, healthy non-sexual affection. Respects your affection boundaries without sulking. Makes you feel safe.

4. STRAIGHTFORWARD
   Communicates without false guilt. Takes unqualified responsibility for actions, without blame-shifting.

5. FIGHTS FAIR
   Doesn’t flip arguments onto you. Talks about the real problem, rather than unrelated distractions. Stays focused on the issue, without attacking you or others.

6. EXTENDS TRUST
   Affirms your individuality and independence. Appreciates your social circle and isn’t jealous of your friends.

7. STEADY AND STABLE
   Doesn’t create any emotional rollercoaster. Tells you exactly where they stand. You can relax into the relationship without worry.

FINANCIAL

1. EQUAL ACCESS
   You both have equal access to ALL the money, accounts, income, cash flow, activities, shopping, travel, investments, insurances, etc.

2. PARTNERSHIP
   Together you set a budget, and then you trust each other to act wisely within the agreed budget. No tracking / micro-managing needed.

3. PROVIDES FAITHFULLY
   You know you can count on their financial reliability. If separated, they stay regular with child support, payments and shared expenses.

4. SAVES WELL
   Places long-term planning and stability ahead of impulse purchases. Considers the needs of the entire family when making financial decisions.

5. SHARES ACCOUNTS
   Makes sure you know how much money there is, and where it is kept. Tells you freely about all accounts, expenditures, debts, and incomes.

6. CONSULTS
   Talks with you about all the big financial things, and gives your opinion equal weight. Considers your wants and needs equally.

7. KEEPS NO SECRETS
   Doesn’t hide what they spend, where they spend it, or who they spent it with. You feel 100% safe.
SYSTEMS OF LOVE & HONOR - 5

1. SHOWS HUMILITY
   Understands that everyone performs at a different pace and level. Doesn’t demand perfection from you, the kids, or others in a need to reflect well back on them.

2. APPRECIATES YOUR MIND
   Believes you have a right to hold your own opinions, and appreciates the thoughts and ideas you bring to the relationship.

3. AFFIRMATION
   Is proud of your education, your intellect, your thinking ability, etc. Recognizes and treats you as an intellectual equal.

4. LISTENS WITH INTEREST
   Because they know you have quality ideas to contribute. Recognizes your strengths, and appreciates the balance your skills offer.

5. UN-ININTIMATED
   Doesn’t need to make you small in order to feel big. Appreciates the areas you shine, and does not try to dim your light. Sees you as a partner, not as competition.

6. ENCOURAGES FREEDOM
   Stays secure when you disagree or hold a contrary opinion to theirs. Doesn’t need to shut you down.

7. COMPLIMENTS
   Expresses genuine pride in your achievements to others, without flattery or manipulation.

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SYSTEMS OF LOVE & HONOR - 6

1. SHARES ACCESS
   Makes sure you have access to your car keys, your Driver’s License, your passport or other identification. Never confiscates or removes items you need in order to function well.

2. MAINTAINS TRANSPORT
   Helps to keep your automobile maintained, fueled, and in safe operating condition. Notices household needs and upkeep, and takes initiative to get them done.

3. RESPECTS PROPERTY
   Avoids intentionally damaging property, and acts with awareness of safety rules. Replaces items that get damaged or outdated.

4. TREATS PETS KINDLY
   Shows care and kindness to animals. Makes sure they’re fed and healthy as needed. Consults you on pet emergencies.

5. SAFE ATMOSPHERE
   Never uses things as an outlet for anger or a replacement for physical harm to humans. Never uses items to threaten, intimidate, or scare you.

6. COMPLETE TRUST
   Doesn’t threaten to do any of the above things, or use property or pets for any purpose that would cause fear or distrust.

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**SYSTEMS OF LOVE & HONOR - 7**

**PHYSICAL**

1. **SAFETY-CONSCIOUS**
   - Drives safely and respectfully, considering the lives in their car as well as being patient with surrounding drivers.

2. **RESPECTS YOUR BODY**
   - Protects your sleep and quiet times, tries not to wake you from slumber. Encourages you to do healthy, rejuvenating things that you like.

3. **GENTLE TOUCH**
   - Treats your body with admiration and tenderness. Avoids touch that makes you uncomfortable. Is sensitive to your preferences.

4. **RESTRAINS THEMSELVES**
   - Never forces their opinion or preferences on you physically. Never uses threatening body language to scare you into submission.

5. **ENSURES MEDICAL CARE**
   - Makes sure you have every freedom and opportunity to see the doctor, get checkups, receive treatment, and access counseling as needed.

6. **PROTECTS FROM PAIN**
   - Does everything in their power to avoid causing you pain or harm. Seeks to alleviate pain if you’re hurt.

7. **OFFERS AFFECTION**
   - Freely initiates and receives non-sexual affection and intimacy. Participates in healthy, mutually pleasurable sexual affection.

**SYSTEMS OF LOVE & HONOR - 8**

**PSYCHOLOGICAL**

1. **HONEST REALITY**
   - Admits truthfully when something has happened, and doesn’t try to rewrite history. Humbly accepts responsibility if they’ve said or done something wrong.

2. **GIVES SPACE**
   - When you’ve been hurt or sad, they don’t expect you to just snap out of it and move on. They let you grieve and process until you’re done.

3. **OFFERS FREEDOM**
   - Assumes that you are an adult with the ability to make wise choices. Doesn’t control or coerce in any way.

4. **ACCEPTS RESPONSIBILITY**
   - Does not deflect or project responsibility for actions, choices, words, or addictions by blaming others, circumstances, or you.

5. **WEAPON SAFETY**
   - Keeps all weapons locked away and unloaded according to safety rules. Never uses/displays weapons to let you know what they’re capable of.

6. **SHARES DECISIONS**
   - Seeks your input and ideas on plans, decisions, and choices. Doesn’t let you control them. Doesn’t try to control you, either.

7. **SEeks HELP**
   - Doesn’t threaten harm to self or others to get you to do what they want. Gets help if they’re depressed.
SYSTEMS OF LOVE & HONOR

A mindset of love & honor makes relationships safe.

1. MUTUAL SEXUALITY
   - Respects your sexual preferences.
   - Seeks consent for sexual activity.
   - Makes sure you have pleasure too.
   - Doesn’t use sex as a punishment or withhold sex because they’re upset.

2. COMPLIMENTS
   - Expresses clear appreciation for your body and your sexuality.
   - Never mocks/shames your comfort zone.
   - Respects if you’re not in the mood.

3. GENUINE INTIMACY
   - Extends vulnerability and authentic access to their inner thoughts and feelings.
   - Knows that intimacy is about soul/mind/heart, not just sex.

4. FAITHFULNESS
   - Avoids sexual stimuli outside of you, your body, and your marriage.
   - Refuses to watch pornography or ask you to watch it.
   - Accepts own responsibility for sexual thoughts.
   - No unsafe emotional attachments.

5. CORE MINDSET
   - Treats your body as a gift, not a possession.
   - Never acts entitled to having their needs met, or makes you feel responsible to keep them sexually faithful.
   - Never guilt trips you into uncomfortable sexual acts.

6. NO STRINGS
   - Sexual affection is never given in exchange to get other favors, or to manipulate your decisions.

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SYSTEMS OF LOVE & HONOR

A mindset of love & honor makes relationships safe.

1. OFFERS PRIVACY
   - Trusts your honest judgment.
   - Never eavesdrops.
   - Recognizes your adult right to privacy and a healthy personal life.

2. TRUSTS FRIENDS
   - Never eavesdrops.
   - Doesn’t monitor/track your emails, social media, GPS, etc.
   - Freely shares their passwords and is open about friend lists and texts etc.

3. SUPPORTS RELATIONSHIPS
   - Encourages you to have your own friendships and social activities.
   - Engages with your family connections.
   - Enjoys a vibrant independent social life of their own.

4. SHARED FRIENDSHIPS
   - Participates in healthy shared friendships.
   - Seeks to engage in mutually enjoyable social activities with you.

5. AFFIRMS YOUR TALENTS
   - Supports your desires to work, study, volunteer, or get involved in the community.
   - Trades home duties so you have equal access to fun.

6. SPLIT RESPONSIBILITIES
   - Engages in household work without limiting chores by gender.
   - Parents with alertness and intentionality, so you’re not the only one involved.

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SYSTEMS OF LOVE & HONOR

A mindset of love & honor makes relationships safe.

1. SOUL-ENRICHING
   Uses Scripture to uplift and encourage, rather than to tear down, shame, or destroy the soul of others. Shares mutual spiritual connection and growth.

2. LEADS AS A SERVANT
   Accepts Jesus’ call to serve others selflessly, seeking nothing in return. Sacrificingly meets others needs as they are able.

3. EXTENDS FREEDOM
   Recognizes your independent spiritual journey and appreciates your personal process. Rejects any opportunity or reason to take power over you. Refuses to try and control your spiritual growth.

4. EXPRESSES SUPPORT
   Encourages your journey and your spiritual connection. Helps to ensure that you have time + access to spiritual activities of your choosing.

5. RESPECTS MATURITY
   Understands that the Holy Spirit can teach anyone, male or female. Knows you don’t need them in order to communicate with God.

6. COUNSEL + MENTORSHIP
   Respects your choice of counselors, coaches, or mentors. Does not control or manipulate your access to spiritual healing.

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SYSTEMS OF LOVE & HONOR

A mindset of love & honor makes relationships safe.

1. SETS YOU FREE
   Lets you do things in your own way, and affirms your attempts to learn or try even when things are difficult.

2. GIVES YOU A VOICE
   Appreciates what you add to the conversation, how you think, and the way you say it.

3. BUILDS YOU UP
   Uses their words to encourage, affirm, protect, support, and enhance your confidence.

4. ENCOURAGES HELP
   Mutually seeks professional help if there is an issue or challenge. Doesn’t hinder you from counseling.

5. COMPLIMENTS
   Openly shares their high opinion of your worth. Brags to their friends about your accomplishments. But doesn’t flatter or manipulate.

6. SUPPORTS HONESTY
   Encourages you to speak truth to others and use your words for right, honesty, and compassionate justice.

7. SPEAKS KINDLY
   Uses a comfortable tone, controls their voice, avoids yelling, name-calling, or silent treatment.

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HEALING RESOURCES

Best Books List
My top picks for the best books on recovery from abuse, and becoming an advocate. These are titles I personally believe every woman should read on the path toward healing after experiencing abuse.
www.wildernesstowild.com/advocacy-resource-list

WILD Coaching Services
Private individual sessions and group study sessions bring you encouragement and accountability as you journey toward clarity, wellness, and wholeness. Learn how to let go of false guilt, set healthy boundaries, recognize abusive patterns clearly, and step out of the trauma fog.
www.wildernesstowild.com/wild-coaching

WILD Online Courses
Affordable online courses guide your journey from victim to warrior, as you heal from abuse. Courses include topics related to abuse from spouses, parents, workplace, faith community, post-trauma wellness, managing anxiety, overcoming toxic shame, and much more.
www.wildernesstowild.com/courses
WILD TraumaMamas Online Support Group
Because momming after the trauma isn’t for the faint of heart!
Motherhood after trauma such as abuse, divorce, and even betrayal by your faith community can be a devastating and isolating journey. Familiar parenting methods may now feel counterproductive, so how can you help your children thrive despite obstacles such as an abusive parent, childhood sexual abuse, anger and betrayal from those they’ve trusted, and more? WILD’s #TraumaMamas is your safe, confidential haven for processing and peer support.
www.facebook.com/groups/wildtraumamamas/

CHILDREN’S RESOURCES
Best Books for Equipping Kids Against Abuse
My top picks for the best books to help you as a parent or grandparent, to educate your children in age-appropriate ways and equip them with tools to avoid childhood abuse, exposure to pornography, and peer-on-peer abuse.
www.wildernesstowild.com/parenting-resource-list

How to Talk to Kids About Abuse
How do you make tough topics age-appropriate for kids? How do you help teens recognize abusive patterns? How do you teach kids about tricky people? What should you do if your child is exposed to porn? What about when kids hurt kids? These questions answered, and many more, in this YouTube playlist.
www.youtube.com/sarahmcdugal