

Video Replay: <https://vimeo.com/905756514/e521df277c?share=copy>

11:18:49 From Jenelle Chadwick to Everyone:

good morning

11:19:21 From Jana Taft to Everyone:

Good morning, Janelle!

11:19:41 From Jenelle Chadwick to Everyone:

Reacted to "Good morning, Janell..." with 👍

11:19:41 From Maure Franck to Everyone:

Maure Franck from Missouri

11:20:13 From Deah Embree to Everyone:

Good morning =)

11:20:32 From Jana Taft to Everyone:

Reacted to "Good morning =)" with ❤️

11:20:37 From Shelle Mossman to Everyone:

Good Morning Everyone. Shelle from Maryland

11:22:40 From Jana Taft to Everyone:

Replying to "Good Morning Everyon..."

Good morning, Shelle!

11:22:50 From Shelle Mossman to Everyone:

Reacted to "Good morning, Shelle..." with ❤️

11:24:03 From Helenmary Brown to Everyone:

Good morning from Helenmary in Virginia.

11:24:04 From Pam Brandenburg to Everyone:

Good morning from Pam Brandenburg, GA

11:24:20 From Jessica Devaney to Everyone:

Good Morning!!!! Nice Hair today. Dr. Debra

Thanks

11:24:26 From Jenelle Chadwick to Everyone:

Good morning from the plains of Colorado. Jenelle Chadwick

11:24:35 From Becky Sewell to Everyone:

Hello from Becky in Idaho

11:25:07 From Kendra Thurman to Everyone:

Kendra from Ohio.

11:25:27 From Mary Jacobson to Everyone:

Mary Jacobson NC

11:25:30 From Vanessa Satterfield to Everyone:

Vanessa Satterfield - North Carolina

11:25:56 From Jolene Underwood to Everyone:

Jolene Underwood, Ellicott City, MD

11:26:18 From Kelly Grunenwald to Everyone:

Kelly Grunenwald- Williston, ND

11:26:34 From Simone Diana-Arellano to Everyone:

Simone Arellano Babylon, NY

11:27:07 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

WHOOOOOOO! Yay Team!

11:27:16 From Shelly Blankenship to Everyone:

Good morning from the Eastern Panhandle of WV!

11:27:30 From anne church to Everyone:

Good Morning, Anne from Florida here 😊

11:27:34 From Helenmary Brown to Everyone:

Reacted to "Good Morning!!!! ..." with ❤️

11:27:50 From Cathy Sharpe to Everyone:

Cathy Sharpe Leasburg, NC

11:27:55 From Lori Veenstra to Everyone:

Hi everyone! Lori Veenstra Goshen, IN. Just fyi - I don't have wi-fi so I'm using my hotspot which is why I usually keep my camera off 😊

11:27:59 From Rochelle Walters to Everyone:

Rochelle from Byrdstown TN

11:28:07 From Mary Sue Owsley to Everyone:

Mary Sue Owsley from Idaho here!

11:28:13 From Ann Lawrence to Everyone:

Ann Lawrence Roxboro, NC

11:28:21 From Kelly Barton to Everyone:

Kelly from Roxboro NC. Grateful to get started back with the classes!

11:28:22 From Beth Burke to Everyone:

Beth in Burlington

11:28:34 From Tricia Foster to Everyone:

Replying to "Beth in Burlington"

I am in Burlington too!

11:28:34 From Kelly Barton to Everyone:

Replying to "Beth in Burlington"

Hi Beth!!

11:28:43 From Traci Criswell to Everyone:

Traci Criswell Dundee Oregon. Good Morning!

11:28:51 From Tricia Foster to Everyone:

Replying to "Beth in Burlington"

NC

11:28:56 From Bethannah Guzmam to Everyone:

Bethannah from Gig Harbor, Washington

11:29:09 From Martha Schuman to Everyone:

Martha Schuman, Southern Pines, NC

11:29:09 From Teri CTP Advocate/Intake to Everyone:

Hi Traci, I'm in Redmond, OR

11:29:14 From Skip & Lisa Wagstaffe to Everyone:

Skip and Lisa Northern California

11:29:15 From Angi Beery to Everyone:

Angi Beery, Goshen, Indiana

11:29:18 From Priscilla Rollings to Everyone:

Priscilla from Nanaimo, Canada

11:29:19 From Nancy Kantsios to Everyone:

Nancy Kantsios from Aldie, Virginia

11:29:19 From Lynn Loscar to Everyone:

Good Morning from Inyokern, CA

11:29:20 From Tracey Phillips to Everyone:

Tracey Phillips from California

11:29:20 From Cindy Baltz-King to Everyone:

Good Morning...Cindy here from Tennessee

11:29:30 From Jana Taft to Everyone:

Replying to "Beth in Burlington"

I'm in Sedro woolley and Burlington Wa is just a minute away.

11:29:36 From Laura Tortora to Everyone:

Good morning, Laura from California

11:29:37 From Traci Criswell to Everyone:

Replying to "Hi Traci, I'm in Red..."

We're close! Should meet up sometime!

11:29:42 From Mara Williams to Everyone:

Mara from

Minnesota

11:29:42 From Jana Taft to Everyone:

Reacted to "Bethannah from Gig H..." with ❤️

11:29:46 From Susan Sharp to Everyone:

Susan Sharp from Kalispell, MT. Good morning!

11:29:46 From Cathy Sharpe to Everyone:

Replying to "Beth in Burlington"

Burlington NC is my home town

11:29:52 From Bethannah Guzmam to Everyone:

Reacted to "Bethannah from Gig H..." with ❤️

11:29:53 From Bethannah Guzmam to Everyone:

Removed a ❤️ reaction from "Bethannah from Gig H..."

11:29:53 From Jill Schlegel to Everyone:

Jill, Windsor Colorado

11:29:56 From Beth Burke to Everyone:

Replying to "Beth in Burlington"

Nc here

11:30:09 From Laura Dunshee to Everyone:

Laura Dunshee, Zionsville, Indiana

11:30:13 From Margaret Steckly to Everyone:

Hi from Ontario Canada..!!!

11:30:15 From Kim Deel to Everyone:

Good morning, everyone. Kim in Indiana.

11:30:17 From Rose Rickett to Everyone:

Rose in GA

11:30:18 From Porscha Green to Everyone:

Hello Everyone! Porscha in NC

11:30:19 From Tricia Foster to Everyone:

Reacted to "Burlington NC is my ..." with ❤️

11:30:23 From Amy Paquette to Everyone:

Amy Paquette, Albuquerque, NM

11:30:27 From Tyrie Strong to Everyone:

LOL, Brooke! It was delightful to see her.

11:30:28 From Kelly-Anne Hart-Thames to Everyone:

Kelly Hart is here from Virginia

11:30:28 From Susan Sharp to Everyone:

That

11:30:28 From Irene McConnehey to Everyone:

Hi from Indiana 😊

11:30:38 From Susan Sharp to Everyone:

That's funny, Brooke!

11:30:40 From Karen Wilkinson to Everyone:

Greetings from Tallmadge, Ohio

11:30:44 From Kamilla Boerema to Everyone:

Support Group Link: Reminder that an 8 week support group webinar series will be starting on January 24th from 7pm EST until 8:30pm EST. Register here:

Registration Link

<https://us06web.zoom.us/meeting/register/tZUudOiqrzgpHN29DclFtCbOAH8cuH1zGrle>

11:30:57 From Tricia Foster to Everyone:

Replying to "Beth in Burlington"

@Beth Burke we should meet in person

11:30:58 From Jana Taft to Everyone:

Reacted to "Burlington NC is my ..." with 🙌

11:31:10 From Kelly Barton to Everyone:

Reacted to "Ann Lawrence Roxboro..." with ❤️

11:31:14 From Kamilla Boerema to Everyone:

Support Group Coordinator - dana@calledtopeace.org

11:31:14 From Shelle Mossman to Everyone:

Reacted to "Support Group Link: ..." with 👍

11:31:59 From Reenie Brown to Everyone:

Reenie Brown from North Carolina

11:32:01 From Kamilla Boerema to Everyone:

2024 He Makes All Things New Women's Retreat – May 2-5 in Lake Junaluska, North Carolina. Our theme is BELOVED! God calls us "His Beloved." He delights in us and invites us to know His deep, life-changing love!

Join Called to Peace Ministries (along with Chris Moles, Elyse Fitzpatrick, Darby Strickland, Renee Best and more) for an extended weekend and discover just how powerful it is to know our great God's love. We invite you to rest with us as we seek to unbind the lies, fear, and anxiety that past experiences

of abuse have implanted into our hearts, and walk into the freedom and peace that come from the intimate knowledge of His love.

Learn more and register here:

<https://www.calledtopeace.org/survivor-healing-retreat/?mibextid=Zxz2cZ>

2024 Women's Retreat scholarships are available at:

<https://forms.gle/3ZZ2aVwqDXFDAiAg6>

11:32:31 From Deah Embree to Everyone:

Reacted to "Support Group Link: ..." with 

11:32:37 From Helenmary Brown to Everyone:

Reacted to "Support Group Link..." with 

11:32:52 From Laura Dunshee to Everyone:

The link for the Google Classroom was included in last week's email but wasn't functional. I didn't see a link in this week's email; so, could you include the link in this week's email? Thanks so much ...

11:33:15 From Rachel Smith to Everyone:

Rachel Smith, Charlotte, NC

11:33:24 From Rhonda to Everyone:

Rhonda Burdett Tallmadge, OH

11:33:44 From Kendra Thurman to Everyone:

Reacted to "Support Group Link: ..." with 

11:33:45 From Sandra Pierce to Everyone:

Sandra Pierce Youngsville, NC

11:33:49 From Becki Johnson to Everyone:

Becki Johnson NY

11:34:10 From Brandon Eberl to Everyone:

Brandon Eberl, Winston-Salem, NC

11:34:12 From Lacie Dickens to Everyone:

Winston-Salem NC

11:34:16 From Mara Williams to Everyone:

I've never been...where do I get the details.

11:34:16 From Cheri Dara to Everyone:

Cheri Dara Peachtree City, GA

11:34:19 From Kim Deel to Everyone:

Reacted to "Angi Beery, Goshen, ..." with ❤️

11:34:21 From Lynn Adams to Everyone:

Lynn A. MN

11:34:24 From Dana De Vane-Webster to Everyone:

Dana De Vane-Webster (NC)

11:34:26 From Shelle Mossman to Everyone:

Is the music at the retreat the same family as it was in 2023?

11:34:26 From nichelle izard to Everyone:

Nichelle Wichita, kansas

11:34:27 From Brandon Eberl to Everyone:

Reacted to "Winston-Salem NC" with ❤️

11:34:30 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

The retreats are AMAZING. They change the speakers as much as much as the participants.

11:34:34 From Tynetta Chastain to Everyone:

Tynetta Chastain from St. Louis.

11:34:34 From cynthia peace to Everyone:

Cynthia P Pa

11:34:43 From marcee rollandini to Everyone:

marcee rollandini, NC

11:34:44 From sylvia gelderman to Everyone:

from BC, Canada

11:34:45 From Susi Limon to Everyone:

Susi Limon, California

11:34:52 From Cheri Dara to Everyone:

Replying to "I've never been...wher..."

Hi Mara! Check out CalleddtoPeace.org

11:34:57 From Maryann Hendrixson to Everyone:

Maryann from Franklin, TN

11:35:08 From Kendra Thurman to Everyone:

Reacted to "The retreats are AMA..." with 

11:35:12 From Darlene Hills-Clinkscale to Everyone:

Good morning Blessings, Everyone. Darlene Hills-Clinkscale from Columbus, Ohio.

11:35:18 From KAMILLA to Everyone:

Replying to "I've never been...wher..."

Learn more and register here:

<https://www.calledtopeace.org/survivor-healing-retreat/?mibextid=Zxz2cZ>

11:35:27 From Jennifer to Everyone:

wow that webinar sounds super helpful!

11:35:32 From Melanie Haymond to Everyone:

Melanie from Kalispell, MT

11:35:33 From Becki Johnson to Everyone:

The webinar sounds amazing! Can't wait!!!

11:35:35 From Traci Criswell to Everyone:

Replying to "I've never been...wher..."

Question around the support group webinar. What is this and is it required. I have Counslee's schedule at that time frame.

11:35:35 From Deah Embree to Everyone:

Reacted to "wow that webinar sou..." with 

11:35:41 From Sheri Faber (Millenbaugh) to Everyone:

Sheri Faber

11:35:53 From Becki Johnson to Everyone:

Dan and Andre are such a blessing!

11:35:58 From Deborah Stahl Waters to Everyone:

Deborah Stahl Waters- GA

11:36:01 From Brandon Eberl to Everyone:

Replying to "Winston-Salem NC"

Been thinking about you and praying for you this week. 😊

11:36:11 From Kendra Thurman to Everyone:

Reacted to "Dan and Andre are su..." with 💜

11:36:43 From Jennifer to Everyone:

Jennifer from Evergreen, CO 🌲

11:37:12 From Tyrie Strong to Everyone:

Northern Idaho

11:37:26 From Jana Taft to Everyone:

I love what you said, Brooke, about meeting with the pastors. I met with mine last month and I'm so excited that he is reading The Heart of Domestic Abuse and he is passing copies on to two elders. He is on board with getting a ministry started here. ❤️👏❤️🙏

11:37:30 From Sandra Pierce to Everyone:

Replying to "I've never been...wher..."

Reach out to Dana@calledtopeace.org

11:37:31 From Becky Sewell to Everyone:

What is your email Brooke? I tried to send you a note but it bounced back.

11:37:45 From Jennifer to Everyone:

Reacted to "I love what you sa..." with ❤️

11:37:49 From Jenelle Chadwick to Everyone:

Reacted to "I love what you said..." with ❤️

11:38:00 From Christi Douglas to Everyone:

Replying to "Jennifer from Evergr..."

Jennifer-Susan and I are in Ft Collins! :)

11:38:08 From Jennie Smith to Everyone:

Forgot to say I'm here - HI! (Jennie Smith, Texas)

11:38:13 From Chelsea Leonard to Everyone:

Good morning Chelsea Leonard Sweet Home Oregon

11:38:40 From Traci Criswell to Everyone:

Replying to "Good morning Chelsea..."

Hey Chelsea I'm in Dundee Oregon

11:38:57 From Kendra Thurman to Everyone:

BRIEF summary, Please! You are welcome to keep more detailed notes for your own purposes & benefit. Please limit your submission in google classroom to 1/2 - 3/4 typed page.

11:38:57 From Brandon Eberl to Everyone:

QUESTION - Brooke, are the quizzes timed? No

11:39:01 From KAMILLA to Everyone:

<https://www.domesticshelters.org/articles/ending-domestic-violence/a-guide-for-male-survivors-of-domestic-violence>

11:39:02 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "QUESTION - Brooke, a..."

No

11:39:16 From Sheri Faber (Millenbaugh) to Everyone:

Ohio

11:39:21 From KAMILLA to Everyone:

Leslie Vernick. "Are You In An Emotionally Destructive Relationship?"
<https://www.leslievernick.com/pdfs/Relationship-test.pdf>

11:39:38 From Cindy Baltz-King to Everyone:

Chris Moles book is very good, too!

11:39:40 From KAMILLA to Everyone:

Leslie Vernick. "The Emotionally Destructive Marriage". <https://a.co/d/9FwsrRX>

11:39:41 From Brandon Eberl to Everyone:

Reacted to "No" with 👍

11:39:56 From Deah Embree to Everyone:

Reacted to "Chris Moles book is ..." with 💜


11:39:57 From m m to Everyone:

M Mali NC

11:39:59 From Deah Embree to Everyone:

Reacted to "Leslie Vernick. "T..." with 

11:40:14 From Jana Taft to Everyone:

Reacted to "I love what you said..." with 

11:40:16 From Jana Taft to Everyone:

Removed a  reaction from "I love what you said..."

11:40:26 From Ladonna Hafen to Everyone:

Ladonna Hafen, Whitefish MT

11:41:14 From Jennifer to Everyone:


Replying to "Jennifer from Ever..."

hi!

11:41:15 From KAMILLA to Everyone:

Called To Peace Ministries FB page....send a message to find out more info.
info@calledtopeace.org

11:41:20 From Jennifer to Everyone:

Reacted to "Jennifer-Susan and..." with 

11:41:20 From Lynn Loscar to Everyone:

Is there a cost to that?

11:41:48 From KAMILLA to Everyone:

Reminder that an 8 week support group webinar series will be starting on January 24th from
7pm EST until 8:30pm EST. Register here:

Registration Link

<https://us06web.zoom.us/meeting/register/tZUudOiqrzgpHN29DcIFtCbOAH8cuH1zGrle>

11:41:49 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "What is your email B..."

brooke@calledtopeace.org

11:41:50 From Margaret Steckly to Everyone:

what is the advocacy group link again for facebook??

<https://www.facebook.com/groups/1022185391486476>

11:41:54 From Cindy Baltz-King to Everyone:

Will there be a replay for that support group tomorrow night?

11:42:12 From Tyrie Strong to Everyone:

QUESTION - There were lots of articles on the web page. Are those optional extras or assigned at some point? *The articles are optional.*

11:42:25 From Lynn Adams to Everyone:

I apologize if I missed it...will the support group with Joy be recorded at all?

11:42:32 From Kendra Thurman to Everyone:

Replying to "Is there a cost to t..."

There is no cost to the support group. It is highly recommended that you have Joy's book & workbook.

11:42:32 From Jenelle Chadwick to Everyone:

Reacted to "Jennifer-Susan and I..." with ❤️

11:42:38 From KAMILLA to Everyone:

Replying to "what is the advocacy..."

CTPM Advocacy Network FB page

11:42:41 From Jenelle Chadwick to Everyone:

Reacted to "Jennifer from Evergr..." with ❤️

11:42:42 From Cindy Baltz-King to Everyone:

Reacted to "I apologize if I mis..." with 👍

11:43:03 From Jenelle Chadwick to Everyone:

Replying to "Jennifer from Evergr..."

I'm another Colorado advocate

11:43:10 From KAMILLA to Everyone:

Replying to "Is there a cost to t..."

Joy Forrest *Called to Peace: A Survivor's Guide to Finding Peace and Healing After Domestic Abuse.* <https://a.co/d/4TBBahK>

11:43:10 From Christi Douglas to Everyone:

Reacted to "I'm another Colorado..." with ❤️

11:43:29 From Kendra Thurman to Everyone:

Replying to "I apologize if I mis..."

Yes

11:43:30 From Jenelle Chadwick to Everyone:

Reacted to "BRIEF summary, Pleas..." with 👍

11:43:38 From Jenelle Chadwick to Everyone:

Reacted to "National Coalition f..." with 👍

11:43:58 From KAMILLA to Everyone:

Support Group Coordinator - dana@calledtopeace.org

11:44:03 From Lynn Adams to Everyone:

Replying to "I apologize if I mis..."

Great, thanks!

11:44:05 From Kendra Thurman to Everyone:

Replying to "I apologize if I mis..."

Partially recorded

11:44:24 From Becky Sewell to Everyone:

What are the books for the groups?

11:44:24 From KAMILLA to Everyone:

The book for the Support Group Webinar:

11:44:49 From KAMILLA to Everyone:

Replying to "The book for the Sup..."

Joy Forrest Called to Peace: A Survivor's Guide to Finding Peace and Healing After Domestic Abuse. <https://a.co/d/4TBBahK>

11:45:00 From KAMILLA to Everyone:

Replying to "What are the books f..."

Joy Forrest Called to Peace: A Survivor's Guide to Finding Peace and Healing After Domestic Abuse. <https://a.co/d/4TBBahK>

11:45:22 From Deborah Stahl Waters to Everyone:

Reacted to Reminder that an 8 w... with "❤️"

11:45:26 From KAMILLA to Everyone:

REMINDER: If you have a question in the chat, please put QUESTION in all caps and then proceed with your question. This makes it easier for our team to catch those all-important questions!!

If your QUESTION is not answered live, remember that the team will go back thru the chats and respond to any unanswered questions before the replay is sent later this week.

11:45:46 From Kendra Thurman to Everyone:

Reacted to "Joy Forrest Calle..." with 

11:45:48 From Chelsea Leonard to Everyone:

Replying to "Good morning Chelsea..."

Oh how cool!


11:45:56 From Kendra Thurman to Everyone:

Reacted to "Joy Forrest Calle..." with 

11:45:57 From Rebecca Noel to Everyone:

Hi. Rebecca Noel from Tulsa OK.

11:46:24 From Kendra Thurman to Everyone:

Reacted to "REMINDER: If you ha..." with 

11:46:36 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Remember this is heavy content. Please be sure to take good care of you - you are the only you that you have!! That may mean doing some grounding like breathing or even stepping away if needed.

11:46:44 From Kendra Thurman to Everyone:

Reacted to "Remember this is hea..." with 

11:46:49 From Deah Embree to Everyone:

Reacted to "Remember this is hea..." with 

11:46:55 From Joy Parks to Everyone:

Joy Parks Great Falls, SC

11:47:04 From Jennifer to Everyone:

Reacted to "Remember this is h..." with 

11:47:04 From Brandon Eberl to Everyone:

Reacted to "Remember this is hea..." with 

11:47:18 From Teri Zalk to Everyone:

I'm here, sorry my video and mic is muted, I'm trying to figure it out

11:47:23 From Lindsay Suter to Everyone:

Reacted to "Remember this is hea..." with ❤️

11:47:25 From Irene McConnehey to Everyone:

Reacted to "I love what you said..." with ❤️

11:47:27 From Kendra Thurman to Everyone:

Reacted to "Joy Parks Great Fall..." with 💜

11:49:36 From KAMILLA to Everyone:

Here's how to access the Power and Control wheels.... <https://www.theduluthmodel.org/wheel-gallery/>

11:50:05 From Kendra Thurman to Everyone:

I have grey hair too.

I call them my "wisdom highlights!" 😊

11:50:11 From Joy Forrest to Everyone:

Reacted to "I have grey hair too..." with ❤️

11:50:40 From Karen DeArmond Gardner to Everyone:

I like the wheel from Mending the Soul, it has more types of abuse.

11:50:43 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "I have grey hair too..."

I have so much gray I must be utterly brilliant

11:51:03 From Kendra Thurman to Everyone:

Reacted to "I have so much gray ..." with 💜

11:51:10 From Helenmary Brown to Everyone:

Reacted to "I have grey hair t..." with ❤️

11:51:15 From Deah Embree to Everyone:

The power & control wheel has been SO helpful. I could identify with all but one single item, which helped me know "I'm not crazy!" I've kept it on the side of my fridge over the past few years so that others can learn.

11:51:26 From Tricia Foster to Everyone:

Reacted to "The power & control ..." with 👍

11:51:29 From Tricia Foster to Everyone:

Reacted to "I like the wheel fro..." with 👍

11:51:43 From Kendra Thurman to Everyone:

Reacted to "The power & control ..." with 💜

11:51:43 From Helenmary Brown to Everyone:

Replying to "I have grey hair t..."

Me too! 😊 Have earned every one.

11:51:49 From Deah Embree to Everyone:

Reacted to "Me too! 😊 Have ear..." with 💜

11:51:55 From KAMILLA to Everyone:

Duluth Equality Wheel (faith based): <https://www.theduluthmodel.org/wp-content/uploads/2023/01/CMCL-Equality.pdf>

11:52:04 From Helenmary Brown to Everyone:

Reacted to "The power & contro..." with ❤️

11:52:39 From KAMILLA to Everyone:

Joy Forrest Called to Peace: A Survivor's Guide to Finding Peace and Healing After Domestic Abuse. <https://a.co/d/4TBBahK>

11:52:56 From Rebecca Noel to Everyone:

Sarah McDugal has made a power and control wheel that shows 18 areas of abuse. Spiritual abuse is one of the areas. Another person has made a power and control wheel just for spiritual abuse. I can't remember her name. I find these wheels very helpful in exposing abuse in a marriage relationship.

11:53:12 From Tyrie Strong to Everyone:

Reacted to "Sarah McDugal has ma..." with 👍

11:53:33 From Cindy Baltz-King to Everyone:

QUESTION: Do we have the Christian version of the power and control wheel.

<https://www.theduluthmodel.org/wp-content/uploads/2023/01/CMCL-PC.pdf> Using religious beliefs wheel
<https://www.theduluthmodel.org/wp-content/uploads/2023/01/CMCL-Equality.pdf> Religion

11:53:33 From Tyrie Strong to Everyone:

Replying to "Sarah McDugal has ma..."

I love her chart. It isn't really a wheel -- it is so much better! It's the most thorough one I've seen.

11:53:55 From KAMILLA to Everyone:

Replying to "QUESTION: Do we have..."

Duluth Equality Wheel (faith based): <https://www.theduluthmodel.org/wp-content/uploads/2023/01/CMCL-Equality.pdf>

11:54:15 From Kendra Thurman to Everyone:

Reacted to "Duluth Equality Whee..." with ❤️

11:54:16 From Cindy Baltz-King to Everyone:

Reacted to "Sarah McDugal has ma..." with 👍

11:54:21 From Kendra Thurman to Everyone:

Reacted to "Joy Forrest Calle..." with ❤️

11:54:29 From Jennie Smith to Everyone:

I began to write in his specific patterns and behaviors in each category and that helped me see what he was doing, even though all of those specifics weren't on here

11:54:33 From Tyrie Strong to Everyone:

Sarah McDugal's isn't a wheel at all. It looks totally different. It is awesome, thorough, and original to her. It has bubbles all over the page

11:54:40 From Deah Embree to Everyone:

Reacted to "I began to write in ..." with ❤️

11:54:50 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "I began to write in ..."

Joy's workbook has a chapter where you do that

11:54:59 From Jana Taft to Everyone:

I got out in 1995 and the power and control wheel was the tool they showed me at the battered women's shelter. It was a huge eye opener for me and I have used it to help other women over the years.

11:55:21 From Melissa Spann SC to Everyone:

Melissa Spann SC

11:55:26 From Tyrie Strong to Everyone:

Reacted to "I got out in 1995 an..." with 👍

11:55:26 From Joy Forrest to Everyone:

There are also checklists that are very thorough like the Controlling Behaviors Checklist, and the lists in Leslie Vernick's book.

11:55:34 From Deah Embree to Everyone:

Reacted to "I got out in 1995 an..." with 💜

11:55:36 From Joy Forrest to Everyone:

Reacted to "I got out in 1995 an..." with 👍

11:55:40 From Cindy Baltz-King to Everyone:

Replying to "QUESTION: Do we have..."

Thank you, Kamilla!

11:55:41 From Joy Forrest to Everyone:

Reacted to "Sarah McDugal's isn'..." with 👍

11:55:53 From Jenelle Chadwick to Everyone:

Replying to "QUESTION - There wer..."

They are optional extras; however, they are very informative. Some of them are tools to use in your advocacy work, whether that's assisting survivors or working on reforming systems that don't understand CC.

11:56:06 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "I began to write in ..."

This also is what I do in counseling sessions with survivors.

11:56:13 From KAMILLA to Everyone:

Replying to "I began to write in ..."

Joy's Workbook can be found by following this: Called to Peace: A Survivor's Guide to Finding Peace and Healing After Domestic Abuse. <https://a.co/d/4TBBahK>

11:56:21 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "I began to write in ..."

@Tabitha Westbrook, LMFT, LCMHC, LPC great minds!!

11:56:23 From Joy Forrest to Everyone:

Reacted to "I began to write in ..." with 👍

11:56:42 From Tracey Phillips to Everyone:

Other verbiage that can be used is ATROS-Automatic Temporary Restraining Orders that he cannot transfer, take property, or spend large amounts of money. These are served when one files for divorce.


11:57:05 From Tracey Phillips to Everyone:

FL-100


11:57:09 From Christi Douglas to Everyone:

Financial abuse--He would facilitate a conversation with me about large purchases, pretend to care about my input, then make the decision fully according to what he wanted...this was a pattern.

11:57:18 From Deah Embree to Everyone:

Reacted to "Financial abuse--He ..." with 

11:57:32 From Rebecca Noel to Everyone:

Reacted to I began to write in ... with "  "

11:57:43 From Jenelle Chadwick to Everyone:

Reacted to "The power & control ..." with 

11:58:04 From Cindy Baltz-King to Everyone:

Mine would silently punish by with holding important information

11:58:09 From Tracey Phillips to Everyone:

I just finished a huge violation of fiduciary duty, and I was awarded a large equalization amount. I'm still in it, and almost at the end.

11:58:14 From Helenmary Brown to Everyone:

He opened credit card accounts in my name and maxed them out without my knowledge. He withheld money--he hid money and kept me from our income. He would give me \$200.00 for groceries for 8 people-- He deposited \$ in a different account than our joint account. I wrote a check and it overdrafted--by design. Then he went to bank and told the tellers that I was irresponsible, crazy, etc.

11:58:26 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "Other verbiage that ..."

Every state has different verbiage and processes for these sort of things.

11:58:59 From Helenmary Brown to Everyone:

Some of the specifics of financial abuse in my situation.

11:59:11 From Cindy Baltz-King to Everyone:

Reacted to "Every state has diff..." with 👍

11:59:39 From Joy Forrest to Everyone:

Replying to "He opened credit car..."

Perfect example.

11:59:57 From Helenmary Brown to Everyone:

Reacted to "Perfect example." with 👍

12:00:27 From Cindy Baltz-King to Everyone:

Reacted to "This also is what I ..." with ❤️

12:00:30 From Kendra Thurman to Everyone:

Also, DA/CC has an affect on the Endocrine system, especially the thyroid, so that affects metabolism, energy, etc.

12:00:34 From Cindy Baltz-King to Everyone:

Reacted to "@Tabitha Westbrook, ..." with ❤️

12:00:35 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Just to mention this about our course - we are using evidence-based things that are validated by peer-reviewed sources. We make a huge effort to have the most current information from the latest research. The reason we do that (besides just awesome practice) is so that when you work with a survivor you have some empirical evidence that holds up well in court.

12:00:38 From Jenelle Chadwick to Everyone:

Reacted to "I like the wheel fro..." with 👍

12:00:45 From Cindy Baltz-King to Everyone:

Reacted to "Joy's Workbook can b..." with ❤️

12:00:49 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "Also, DA/CC has an a..."

LORD does it EVER!

12:00:57 From Lacie to Everyone:

Reacted to "LORD does it EVER!" with ❤️

12:01:03 From Helenmary Brown to Everyone:

Stress and lack of sleep will also cause weight gain--the cortisol affect.

12:01:03 From Lacie to Everyone:

Reacted to "Also, DA/CC has an a..." with 👍

12:01:04 From Jenelle Chadwick to Everyone:

Reacted to "Sarah McDugal has ma..." with 👍

12:01:09 From Deah Embree to Everyone:

Replying to "Financial abuse--He ..."

Yes. One of these (many) instances was what gave me an out. He promised to save for a car to avoid a loan. He saved money, but still forced me to sign a loan. Not too long after, I took half of the saved amount and used every penny to pay a lawyer for divorce!

12:01:22 From KAMILLA to Everyone:

Rebecca Davis – "Untwisting Scriptures." <https://a.co/d/aJJQ4k>

12:01:29 From Deah Embree to Everyone:

Reacted to "Mine would silently ..." with 💜

12:01:30 From Jenelle Chadwick to Everyone:

Reacted to "I got out in 1995 an..." with 👍

12:01:35 From Deah Embree to Everyone:

Reacted to "I just finished a hu..." with 💜

12:01:41 From Helenmary Brown to Everyone:

Reacted to "Rebecca Davis – ..." with ❤️

12:01:42 From Christi Douglas to Everyone:

Reacted to "Yes. One of these (m..." with 👍

12:02:00 From Deah Embree to Everyone:

Reacted to "He opened credit car..." with 💜

12:02:01 From Helenmary Brown to Everyone:

Reacted to "Just to mention th..." with 👍

12:02:03 From Becki Johnson to Everyone:

Reacted to "I just finished a hu..." with 💜


12:02:04 From Jenelle Chadwick to Everyone:

Reacted to "I began to write in ..." with 👍


12:02:07 From Margaret Steckly to Everyone:

And the verse God hates divorce..lol

12:02:11 From Kendra Thurman to Everyone:

Reacted to "Stress and lack of s..." with 


12:02:19 From Helenmary Brown to Everyone:

Reacted to "There are also che..." with 


12:02:21 From Joy Forrest to Everyone:

Reacted to "Just to mention this..." with 

12:02:29 From Becki Johnson to Everyone:

Reacted to "Stress and lack of s..." with 


12:02:29 From Helenmary Brown to Everyone:

Reacted to "And the verse God ..." with 

12:02:34 From Cindy Baltz-King to Everyone:

Reacted to "Stress and lack of s..." with 

12:02:39 From Becki Johnson to Everyone:


Reacted to "Financial abuse--He ..." with 

12:02:43 From Joy Forrest to Everyone:

Replying to "Stress and lack of s..."

Yes!

12:02:47 From Deah Embree to Everyone:

Reacted to "LORD does it EVER!" with 

12:02:51 From Lacie to Everyone:

Reacted to "Stress and lack of s..." with 

12:02:53 From Kendra Thurman to Everyone:

Remember to take good care of yourself - if you are feeling triggered, take some time to step away, take deep breaths, stretch, etc. You can come back and watch the recording.

12:02:56 From Becki Johnson to Everyone:

Replying to "Financial abuse--He ..."


That's exactly what my ex did.

12:03:00 From KAMILLA to Everyone:


Lundy Bancroft – “Why Does He Do That? Inside the Minds of Angry and Controlling Men”

<https://a.co/d/59ppwtT>

12:03:00 From Deah Embree to Everyone:

Reacted to "Stress and lack of s..." with 

12:03:13 From Becki Johnson to Everyone:

Reacted to "Yes. One of these (m..." with 


12:03:15 From Jennie Smith to Everyone:

A small example that I realized was a pattern: he would agree to talk about finances or an important financial decision and then sit there unresponsive and scowl while flipping his knife open and closed; he also usually picked a fight over something minor so the conversation was never complete, usually with the knife in hand

12:03:18 From Deah Embree to Everyone:

Reacted to "That's exactly what ..." with 

12:03:28 From Cindy Baltz-King to Everyone:

Reacted to "A small example that..." with 

12:03:54 From Becki Johnson to Everyone:

Reacted to "A small example that..." with 

12:04:07 From Tricia Foster to Everyone:

Reacted to "A small example that..." with 

12:04:09 From Cindy Baltz-King to Everyone:

Replying to "A small example that..."

Yes, patterns is my red flag!

12:04:15 From Deah Embree to Everyone:

Reacted to "A small example that..." with 

12:04:31 From Rebecca Noel to Everyone:

I love Rebecca's books. I am dealing with being spiritually abused by my ex, a cult, different religions, and pastors right now in my life. I have been told so many lies about God. I want to know the

truth now. This is a very painful part of my healing journey. I have a lot of questions about God. What is truth and what is a lie about Him.

12:04:41 From Joy Forrest to Everyone:

Reacted to "I love Rebecca's boo..." with 👍

12:04:58 From Deah Embree to Everyone:

Reacted to "I love Rebecca's boo..." with 💜

12:05:02 From Tina Lawson to Everyone:

The "Great Sex Rescue 🌸" & "She Deserves Better" by Sheila Gregoire have been very eye opening & helpful 💜 ...So Appreciate her & co authors research & work!

12:05:10 From Lacie to Everyone:

Reacted to "The "Great Sex Rescu..." with ❤️

12:05:21 From Rebecca Noel to Everyone:

Reacted to The "Great Sex Rescu... with " 👍 "

12:05:22 From Jenelle Chadwick to Everyone:

Reacted to "Every state has diff..." with 👍

12:05:33 From Deah Embree to Everyone:

Replying to "I love Rebecca's boo..."

When you seek Him, He promises you will find Him. Gratefully, He's NOTHING like I was told. <3

12:05:46 From Deah Embree to Everyone:

Reacted to "The "Great Sex Rescu..." with 💜

12:06:03 From Joy Forrest to Everyone:

Reacted to "The "Great Sex Rescu..." with 👍

12:06:19 From Cindy Baltz-King to Everyone:

Yes, it gives them a sense of fulfillment when they do what they do.

12:06:26 From Shelle Mossman to Everyone:

QUESTION: can the motivation be a combo of those 3? Yes

12:06:33 From Tina Lawson to Everyone:

Tina from Vero Beach, Florida

12:06:41 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "QUESTION: can the mo..."

Yes. Most people are not singularly motivated.

12:06:47 From Jana Taft to Everyone:

He told me I was not allowed to go anywhere and took my car that my parents had given me since he kept me isolated, to work. He gave my keys for the truck to the neighbor to use to keep me from driving.

12:06:48 From Shelle Mossman to Everyone:

Reacted to "Yes. Most people are..." with 👍

12:06:57 From Tyne to Everyone:

Question: Is this referencing the book why does he do that? By Lundy Bancroft? Thank you

12:06:57 From Deah Embree to Everyone:

Reacted to "He told me I was not..." with 💜

12:07:00 From Jenelle Chadwick to Everyone:

Reacted to "He opened credit car..." with 🙄

12:07:21 From Rebecca Noel to Everyone:

Reacted to He told me I was not... with " 😞 "

12:07:27 From Jenelle Chadwick to Everyone:

Reacted to "Just to mention this..." with ❤️

12:07:36 From KAMILLA to Everyone:

Replying to "Question: Is this re..."

Yes, it is being referenced. Lundy Bancroft – “Why Does He Do That? Inside the Minds of Angry and Controlling Men”

<https://a.co/d/59ppwtT>

12:07:37 From m m to Everyone:

QUESTION ❓ WHAT WAS the gma founder name?

12:07:39 From Helenmary Brown to Everyone:

Beware of men who are very anxious to have the NAME CHANGE. They can be funny about that--an attitude may change. My daughter got ENGAGED and right after she accepted the RING her fiance began openly voicing what he NOW FELT ENTITLED TO. VERY SCARY and CONTROLLING ATTITUDE manifested--thankfully at that stage. She was engaged 2 weeks and returned the RING BY MAIL. Some people don't manifest that until AFTER the WEDDING--She was blessed to escape. He revealed his

attitude to the family, and WE ALL saw it plainly and were concerned--but she didn't minimize or explain his attitude away. She had her own concerns and noted everyone else's. PRAISE GOD!

12:07:43 From Lacie to Everyone:

What would a threat of suicide considered?

12:07:48 From Jenelle Chadwick to Everyone:

Reacted to "Also, DA/CC has an a..." with 👍

12:07:53 From Helenmary Brown to Everyone:

Reacted to "The "Great Sex Re..." with ❤️

12:07:56 From Jenelle Chadwick to Everyone:

Reacted to "LORD does it EVER!" with 👍

12:08:06 From Helenmary Brown to Everyone:

Reacted to "Yes. Most people a..." with 👍

12:08:09 From Jenelle Chadwick to Everyone:

Reacted to "Stress and lack of s..." with 👍

12:08:12 From Tina Lawson to Everyone:

Reacted to "When you seek Him, H..." with 🙏

12:08:13 From Cindy Baltz-King to Everyone:

That's why the victims need an advocate to sit in court with her..,because one look from the abuser will shut her down.

12:08:17 From Jana Taft to Everyone:

Reacted to "Beware of men who ar..." with ❤️

12:08:22 From Lacie to Everyone:

Reacted to "That's why the victi..." with 👍

12:08:26 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:


Replying to "Question: Is this re..."

In the future, you can check the slides on the website, too. The last slides on for each class list the source material for the slides.


12:08:31 From Jenelle Chadwick to Everyone:

Reacted to "Financial abuse--He ..." with 🙄


12:08:33 From Deah Embree to Everyone:

Reacted to "What would a threat ..." with 


12:08:34 From Rebecca Noel to Everyone:

Reacted to Beware of men who ar... with "

12:08:41 From Tina Lawson to Everyone:

Reacted to "I love Rebecca's boo..." with 


12:08:42 From Tricia Foster to Everyone:

Reacted to "That's why the victi..." with 


12:08:50 From Lacie to Everyone:

Thank you

12:08:52 From Rebecca Noel to Everyone:

Reacted to That's why the victi... with "


12:08:56 From Tricia Foster to Everyone:

Reacted to "What would a threat ..." with 

12:09:12 From Allison Wessels to Everyone:

Allison Wessels, Williamson, GA (oops. forgot to do this earlier)

12:09:13 From Shelle Mossman to Everyone:

Reacted to "Beware of men who ar..." with 


12:09:23 From Helenmary Brown to Everyone:

Reacted to "That's why the vi..." with 


12:09:25 From Kelly Barton to Everyone:

My ex would always threaten to commit suicide the exact same way my dad committed suicide. He was very graphic. It was awful.

12:09:33 From Helenmary Brown to Everyone:

Reacted to "My ex would always..." with 

12:09:40 From Cindy Baltz-King to Everyone:

Reacted to "My ex would always t..." with 

12:09:46 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "My ex would always t..."

I'm so sorry.

12:09:52 From Jennie Smith to Everyone:

Mine would say, "I can never change to make you happy, I might as well kill myself". I didn't understand the threat for many years bc it wasn't direct.

12:09:52 From Jenelle Chadwick to Everyone:

Reacted to "The "Great Sex Rescu..." with ❤️

12:10:01 From Tracy Zimmerman to Everyone:

Me too Tracy Zimmerman of PA

12:10:09 From Becki Johnson to Everyone:

Reacted to "My ex would always t..." with 😞

12:10:10 From Tyne to Everyone:

Reacted to "In the future, you c..." with ❤️

12:10:11 From Jenelle Chadwick to Everyone:

Reacted to "When you seek Him, H..." with ❤️

12:10:12 From Jana Taft to Everyone:

Reacted to "Mine would say, "I c..." with 🤔

12:10:19 From Angi Beery to Everyone:

Reacted to "My ex would always t..." with 😞

12:10:29 From Karen Powell to Everyone:

Same, Karen Powell Toronto Canada

12:10:29 From Nicole Toyne to Everyone:

Mine did it often. Subtly telling me stories bout taking pills. Then when I escaped, he attempted it, Horrible time in my life, but it was manipulation to get me back. No chance.

12:10:49 From Lacie to Everyone:

Reacted to "Mine did it often. S..." with 🤔

12:10:51 From Helenmary Brown to Everyone:

Good job, Debra: Put their \$\$\$ where their mouth is!

12:10:51 From Kelly Barton to Everyone:

Replying to "My ex would always t..."

I did call the cops (they asked if I wanted them to do anything. Hello I called didn't I), he did get taken to the ER, and they did not keep him. They sent him back home with me that night. It really made things worse not better.

12:10:52 From Tina Lawson to Everyone:

Reacted to "Remember to take goo..." with ❤️

12:11:06 From Adria Bautista to Everyone:

My husband followed through with the threat and took his own life almost 2 years ago. He had been evaluated and spent time in a facility.

12:11:20 From Helenmary Brown to Everyone:

Reacted to "Mine did it often...." with 😞

12:11:25 From Nicole Toyne to Everyone:

Reacted to "My ex would always t..." with 😞

12:11:27 From Cindy Baltz-King to Everyone:

AMEN to that, Joy!

12:11:28 From Kendra Thurman to Everyone:

Reacted to "In the future, you c..." with 💜

12:11:34 From Rebecca Noel to Everyone:

I think the abusers say that to cause the victim to be very afraid and give in to the abuser and what he wants. To me, it's a form of coercion. Threat of suicide.

12:11:34 From Jana Taft to Everyone:

Reacted to "My husband followed ..." with 🙏

12:11:40 From Sheri Faber (Millenbaugh) to Everyone:

My ex said "If you don't drop this thing (speaking about him having a girlfriend) I'm not going to be around to see it happen "

Later I was told that is code for suicide.

12:11:45 From Deah Embree to Everyone:

Suicide threats, passive aggressively to me throughout the marriage. I suggested getting help, but he refused. The day he cornered the children saying that he was "fighting for his life" and insinuated they must do whatever he wanted to help. That was the day we left, never to return, with no plan whatsoever. I didn't know that I could report it at the time.

12:11:46 From Becki Johnson to Everyone:

Reacted to "My husband followed ..." with 🙄

12:11:53 From Helenmary Brown to Everyone:

Reacted to "My husband followe..." with 😞

12:11:57 From Deah Embree to Everyone:

Reacted to "My ex said "If you d..." with 💜

12:12:03 From Deah Embree to Everyone:

Reacted to "I think the abusers ..." with 💜

12:12:05 From Tyrie Strong to Everyone:

Reacted to "My ex would always t..." with 🙄

12:12:14 From Deah Embree to Everyone:

Reacted to "My husband followed ..." with 💜

12:12:17 From Joy Forrest to Everyone:

Amen, yes Tabi!

12:12:21 From Jenelle Chadwick to Everyone:

Reacted to "Beware of men who ar..." with ❤️

12:12:23 From Cindy Baltz-King to Everyone:

Reacted to "My husband followed ..." with 😞

12:12:26 From Deah Embree to Everyone:

Reacted to "I did call the cops ..." with 💜

12:12:27 From Angi Beery to Everyone:

Reacted to "Amen, yes Tabi!" with 💜

12:12:27 From Nicole Toyne to Everyone:


Reacted to "My husband followed ..." with 🙄

12:12:29 From Helenmary Brown to Everyone:


Replying to "My husband followe..."

Im so sorry!


12:12:31 From Deah Embree to Everyone:

Reacted to "My ex would always t..." with 

12:12:33 From Kendra Thurman to Everyone:

Reacted to "My husband followed ..." with 


12:12:40 From Deah Embree to Everyone:

Reacted to "Mine did it often. S..." with 


12:12:42 From Tricia Foster to Everyone:

suicide comments are also manipulation tactics to kids too


12:12:47 From Deah Embree to Everyone:

Reacted to "Mine would say, "I c..." with 


12:12:57 From Angi Beery to Everyone:

Reacted to "My husband followed ..." with 

12:13:00 From Helenmary Brown to Everyone:

Reacted to "Amen, yes Tabi!" with 


12:13:02 From Deah Embree to Everyone:

Reacted to "suicide comments are..." with 

12:13:11 From Rebecca Noel to Everyone:

Reacted to suicide comments are... with ""

12:13:19 From Deah Embree to Everyone:

Reacted to "Amen, yes Tabi!" with 


12:13:30 From Jana Taft to Everyone:

This is so helpful. I've been helping a woman whose husband has been threatening suicide and has made two attempts. He has now been jailed for suddenly going psychotic and threatening the town with terrorism after he threatened to take her life and kidnap the children.


12:13:37 From Joy Forrest to Everyone:

Reacted to "suicide comments are..." with 

12:13:48 From Nicole Toyne to Everyone:

Reacted to "This is so helpful. ..." with 

12:13:53 From Deah Embree to Everyone:

Reacted to "This is so helpful. ..." with 

12:13:55 From Lacie to Everyone:

Reacted to "This is so helpful. ..." with 🙄

12:14:20 From Jenelle Chadwick to Everyone:

Reacted to "My ex would always t..." with 🙄

12:14:23 From m m to Everyone:

Replying to "Question: Is this re..."

My dau godfather tol...

12:14:23 From Tina Lawson to Everyone:

"If you leave,I will kill myself" w' gun in hand, is what I heard...but never saw it as manipulation & control @ the time ... 🙄

12:14:29 From Shelle Mossman to Everyone:

Very helpful Brooke. Thank you

12:14:39 From Deah Embree to Everyone:

Reacted to "Very helpful Brooke...." with 🙄

12:14:41 From Helenmary Brown to Everyone:

Reacted to "This is so helpful..." with 🙄

12:14:42 From Jenelle Chadwick to Everyone:

Reacted to "I did call the cops ..." with 🙄

12:14:50 From Cindy Baltz-King to Everyone:

Reacted to "Very helpful Brooke...." with ❤️

12:14:55 From Irene McConnehey to Everyone:

Reacted to "My ex would always t..." with 🙄

12:14:58 From Nicole Toyne to Everyone:

Reacted to "Very helpful Brooke...." with 😊

12:14:58 From Cheri Dara to Everyone:

Well said, Brooke

12:15:00 From Jenelle Chadwick to Everyone:

Reacted to "I think the abusers ..." with 👍

12:15:06 From KAMILLA to Everyone:

NATIONAL SUICIDE PREVENTION NUMBER: 988

12:15:11 From Shelle Mossman to Everyone:

Reacted to "Well said, Brooke" with ❤️

12:15:15 From Jana Taft to Everyone:

Reacted to "NATIONAL SUICIDE PRE..." with ❤️

12:15:16 From Kendra Thurman to Everyone:

It's high lethality for the Survivor as well: There was a murder-suicide that happened in our small town several years ago.

12:15:17 From Porscha Green to Everyone:

Most clinicians refer to assessment centers as

12:15:57 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "Most clinicians refe..."

Yes we do!

12:15:58 From Tyne to Everyone:

Canada # for suicide: 988

12:16:20 From Porscha Green to Everyone:

Replying to "Most clinicians refe..."

Crisis and assessment*

12:16:27 From Jenelle Chadwick to Everyone:

Reacted to "Suicide threats, pas..." with 🍀

12:16:35 From Cindy Baltz-King to Everyone:

Thank you, for this valuable info...it's definitely a tactic they use...

12:16:40 From Tina Lawson to Everyone:

QUESTION 🤔

Would we wait until she's actually "making a plan" vs just saying "I want to die"?

12:16:54 From Helenmary Brown to Everyone:

Reacted to "NATIONAL SUICIDE P..." with ❤️

12:17:08 From Nicole Toyne to Everyone:

Yup, I felt responsible at the time and grateful I was in bible college at the time, the peace of the Lord and a great teacher kept me seated and away.

12:17:13 From Porscha Green to Everyone:

Replying to "Most clinicians refe..."

@Tabitha Westbrook, LMFT, LCMHC, LPC yes because i use to do this work in the community. And crisis and assessment was essential

12:17:29 From Tina Lawson to Everyone:

I think you're all answering my question...

12:17:31 From Deah Embree to Everyone:

Reacted to "Yup, I felt responsi..." with 

12:17:33 From m m to Everyone:


Replying to "Question: Is this re..."

QUESTION ? Will it g...

12:17:36 From Kendra Thurman to Everyone:

Reacted to "Yup, I felt responsi..." with 

12:17:44 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Reacted to "@Tabitha Westbrook, ..." with 

12:17:57 From Brandon Eberl to Everyone:

QUESTION - On the reverse, how does a survivor protect herself from an abuser who has lied and manipulated authorities to such an extent to have a victim involuntarily committed based on completely false mental health allegations as a means of further coercive control? *This is where a good trauma-informed assessment will determine if she's a danger to herself or others.*

12:17:57 From Jennie Smith to Everyone:

I realized it was his subtle way of introducing physical violence as a possibility. So it just fed the underlying environment of fear.

12:18:02 From Cindy Baltz-King to Everyone:

Oh yes...so true Joy!

12:18:03 From Tracey Phillips to Everyone:

My spouse called 911 to threaten them, and he had a suicide by COP threat.

12:18:08 From Deah Embree to Everyone:

Reacted to "I realized it was hi..." with 

12:18:21 From Tracey Phillips to Everyone:

He called 911 sixty-six times to threaten them

12:18:28 From Jenelle Chadwick to Everyone:

Reacted to "'If you leave,I will..." with 🙄

12:18:49 From m m to Everyone:

QUESTION ? Will it go on a teen's record so they can't go into Law Enforcement, etc

12:18:53 From Porscha Green to Everyone:

There are local crisis and assessment centers near all major cities.

12:19:16 From Cindy Baltz-King to Everyone:

That's a great idea, Tabitha!

12:19:23 From Porscha Green to Everyone:

If there's a PLAN then we need to refer asap

12:19:26 From Susan Sharp to Everyone:

Tabitha, can you adjust your sound a little? You sound raspy and somewhat hard to understand.

12:19:26 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "There are local cris..." with ❤️

12:19:31 From Cindy Baltz-King to Everyone:

Reacted to "There are local cris..." with ❤️

12:19:31 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "If there's a PLAN th..." with 👍

12:19:34 From Tina Lawson to Everyone:

Yes me too Joy...

I begged God to take my life & wanted the pain to stop 🚫 BUT wasn't going to kill myself .

12:19:42 From Tracy Zimmerman to Everyone:

Ex tried to talk me into killing myself, he said it would be the best form of love like in the Lady Gaga & Bradley Cooper movie. He made me watch it and told me see how much he loved her because he got out of the way

12:19:45 From Cindy Baltz-King to Everyone:

Removed a ❤️ reaction from "There are local cris..."

12:19:46 From Cindy Baltz-King to Everyone:

Reacted to "There are local cris..." with ❤️

12:19:48 From Porscha Green to Everyone:

We need this training Tabitha

12:19:48 From Deah Embree to Everyone:

Reacted to "Yes me too Joy..."

I be..." with 💜

12:20:02 From Deah Embree to Everyone:

Reacted to "Ex tried to talk me ..." with 💜

12:20:15 From Lacie to Everyone:

Reacted to "Ex tried to talk me ..." with 😬

12:20:21 From Tina Lawson to Everyone:

Reacted to "We need this trainin..." with 👍

12:20:35 From Jana Taft to Everyone:

Reacted to "Ex tried to talk me ..." with 😬

12:20:36 From Porscha Green to Everyone:

They do psych assessments for those professionals in do not know the process.

12:20:47 From Helenmary Brown to Everyone:

Reacted to "Ex tried to talk m..." with 😞

12:20:48 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "Question: Is this re..."

No, this is not a criminal issue.

12:20:53 From Helenmary Brown to Everyone:

Reacted to "We need this train..." with 👍

12:21:03 From Tricia Foster to Everyone:

Reacted to "No, this is not a cr..." with 👍

12:21:15 From KAMILLA to Everyone:

Advocate Coordinators: Porscha Green's email:

Porscha@caldedtopeace.org

Brooke Eggen's email: Brooke@Calledtopeace.org

12:21:38 From Jenelle Chadwick to Everyone:

Reacted to "I realized it was hi..." with 🤔

12:21:41 From Rebecca Noel to Everyone:

I have been asked by mental health professionals in the past:

Are you having thoughts of harming yourself or others?" I think this is a good question to ask clients. *This is a required intake question plus follow up when their client is under stress.*

12:21:50 From Reenie Brown to Everyone:

I had a friend's son try to commit suicide and later in his life when he wanted to be a police officer, the suicide attempt showed up on his record and he was told he would never be allowed into the field of law enforcement.

12:22:18 From Porscha Green to Everyone:

🗨️ This is why it's important to stay connected to your advocate coordinator

12:22:27 From Helenmary Brown to Everyone:

Reacted to "Yes, it is being r..." with 👍

12:22:33 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "Tabitha, can you adj..."

Took out my earbuds! AirPods are failing me!

12:22:45 From Lacie to Everyone:

Reacted to "🗨️ This is why it's ..." with 👍

12:22:51 From Jenelle Chadwick to Everyone:

Reacted to "Ex tried to talk me ..." with 🤔

12:22:57 From KAMILLA to Everyone:

Replying to "🗨️ This is why it's ..."

CTPM Advocate Coordinators: Porscha Green's email: Porscha@calledtopeace.org

Brooke Eggen's email: Brooke@Calledtopeace.org

12:23:01 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Reacted to "🗨️ This is why it's ..." with 👍

12:23:07 From Helenmary Brown to Everyone:

Reacted to "CTPM Advocate Coor..." with 👍

12:23:10 From Jana Taft to Everyone:

Reacted to "I had a friend's son..." with 😬

12:23:11 From Lacie to Everyone:

Thank you for answering my question

12:23:13 From Lynn Loscar to Everyone:

I know inpatient mental health care would eliminate my ability to retain my ccw

12:23:16 From Cindy Baltz-King to Everyone:

Make sure to check in on her, too!

12:23:28 From m m to Everyone:



12:23:41 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "I had a friend's son..."

That can be an outcome; however, I would far rather have someone survive to have to make an alternate career path.

12:23:41 From Joy Forrest to Everyone:

Reacted to "Ex tried to talk me ..." with 😬

12:23:50 From Tina Lawson to Everyone:

"Do you feel SAFE"? Is Always a good question.

12:23:54 From m m to Everyone:

Reacted to I had a friend's son... with " 👍 "

12:24:16 From Joy Forrest to Everyone:

Reacted to "Took out my earbuds!..." with 👍

12:24:21 From m m to Everyone:

Replying to "I had a friend's son..."

Thas what i have bee...

12:24:31 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "I know inpatient men..."

Yes, it can in some instances. In other instances that does not happen (I have clients who have been able to keep CCW).


12:24:53 From Jennie Smith to Everyone:

A quote that helped me, "I believed his reality was real-er than mine!"


12:24:55 From Cindy Baltz-King to Everyone:

Yes, they are in complete denial of reality. DENIAL is huge!


12:25:04 From Deah Embree to Everyone:

Reacted to "A quote that helped ..." with 


12:25:04 From Joy Forrest to Everyone:

Reacted to "A quote that helped ..." with 


12:25:13 From Jenelle Chadwick to Everyone:

Reacted to "Yes, they are in com..." with 


12:25:24 From Angi Beery to Everyone:

Reacted to "A quote that helped ..." with 

12:25:25 From Cindy Baltz-King to Everyone:

Reacted to "Yes, they are in com..." with 


12:25:26 From Tricia Foster to Everyone:

Reacted to "Yes, they are in com..." with 

12:25:26 From Cindy Baltz-King to Everyone:

Removed a  reaction from "Yes, they are in com..."

12:25:27 From Jenelle Chadwick to Everyone:

Reacted to "A quote that helped ..." with 

12:25:29 From Laura D. to Everyone:

What about the spouse who has stopped claiming to love at all--withholding any affection or verbal expressions of love?

12:25:36 From Lynn Loscar to Everyone:

Replying to "I know inpatient men..."

I'm in Kern county, CA. Interesting.

12:26:22 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Reacted to "A quote that helped ..." with ❤️

12:26:41 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "What about the spous..."

That is a form of control. Because it is holding out the faint possibility of that there is something she can do to make him happy. If there wasn't why doesn't he leave?

12:27:09 From Ladonna Hafen to Everyone:

Reading Emma Katz's book now...so good!

12:27:13 From KAMILLA to Everyone:

Evan Stark – "Coercive Control: The Entrapment of Women in Personal Life"

https://www.amazon.com/Coercive-Control-Personal-Interpersonal-Violence-ebook/dp/B000SMY0CO/ref=sr_1_1?crd=UD8U9YPI1EP3&keywords=evan+stark&qid=1673382846&sprifix=evan+stark%2Caps%2C92&sr=8-1

Evan Stark – "Children of Coercive Control" <https://a.co/d/jdric43>

12:27:16 From Tyrie Strong to Everyone:

My ex would always say he was always in perfect control when I referenced his "losing control" in relation to an incident. I did not quite understand then and thought he was delusional but when I read Bancroft I grasped that he meant he was fully aware and intentional of everything he did. So creepy.

12:27:20 From Tyrie Strong to Everyone:

Reacted to "Reading Emma Katz's ..." with 👍

12:27:32 From Helenmary Brown to Everyone:

Reacted to "Evan Stark – "Co..." with 👍

12:27:40 From Tyrie Strong to Everyone:

Replying to "Reading Emma Katz's ..."

I want to read it -- I love her blogs -- but it is such an expensive book all at once I haven't ordered it.

12:28:01 From Tricia Foster to Everyone:

Reacted to "That is a form of co..." with 👍

12:28:19 From Cindy Baltz-King to Everyone:

Yep, they unload their garbage on us...

12:28:30 From Martha Schuman to Everyone:

“ I want my conjugal rights!!” My ex would scream this at me and pound his fist on the counter.

12:28:40 From Sandy Skylar to Everyone:

keeps changing the goal post

12:28:46 From Deah Embree to Everyone:

Reacted to "keeps changing the g..." with 🙌

12:28:49 From Jenelle Chadwick to Everyone:

Reacted to "That is a form of co..." with 👍

12:28:54 From Ladonna Hafen to Everyone:

Replying to "Reading Emma Katz's ..."

I have an Audible su...

12:29:30 From Jenelle Chadwick to Everyone:

Reacted to "My ex would always s..." with 😬

12:29:30 From Tricia Foster to Everyone:

Reacted to "My ex would always s..." with 👍

12:29:40 From Tricia Foster to Everyone:

Reacted to "keeps changing the g..." with 👍

12:29:49 From Jenelle Chadwick to Everyone:

Reacted to "keeps changing the g..." with 👍

12:30:36 From Tina Lawson to Everyone:

What I've TRULY Come to see...

“They (Abusers) ALL go to the same school”...

Slightly different scenarios but STILL SAME CONTROLLING (On purpose) BEHAVIORS!!

Sadly a victim feels isolated & alone & why education is vital!

She'll feel validated having someone believe her 💜

12:30:51 From Helenmary Brown to Everyone:

Reacted to "What I've TRULY C..." with 👍

12:30:54 From Cindy Baltz-King to Everyone:

Thanks so much Tabi! ❤️

12:31:03 From Deah Embree to Everyone:

Reacted to "Thanks so much Tabi!..." with 🙌

12:31:06 From Rebecca Noel to Everyone:

Reacted to What I've TRULY Come... with "👍"

12:31:15 From KAMILLA to Everyone:

Dr. Debra Wingfield's book: Eyes Wide Open <https://tinyurl.com/37wb53z4>

12:31:23 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Reacted to "Thanks so much Tabi!..." with ❤️

12:32:08 From Tina Lawson to Everyone:

Thank you Tabi...Self care 🧘 is ALWAYS so helpful & something we can do even when alone ❤️

12:32:15 From Rebecca Noel to Everyone:

Oh wow, I'm so sorry Dr. Debra.

12:32:16 From Sheri Faber (Millenbaugh) to Everyone:

My ex would demand see after abuse then when I would try to discuss the abuse he would say "No that is over because we made up"

12:32:19 From Helenmary Brown to Everyone:

Reacted to "" I want my conju..." with 😞

12:32:23 From Deah Embree to Everyone:

You referenced those eyes when I spoke with you, Dr. Debra and I recognized them! <3

12:32:26 From Helenmary Brown to Everyone:

Reacted to "keeps changing the..." with 👍

12:32:38 From Deah Embree to Everyone:

Reacted to "My ex would demand s..." with 💜

12:32:42 From Deah Embree to Everyone:

Reacted to "Oh wow, I'm so sorry..." with 💜

12:32:45 From KAMILLA to Everyone:

Darby Strickland – "Is It Abuse? A Biblical Guide to Identifying Abuse and Helping Victims",
<https://a.co/d/aj3HTq1>

12:32:50 From Allison Wessels to Everyone:

QUESTION: What about the abuser who could hear part of this list and truthfully say, "See?!? I'm not abusive. I would never do THOSE things!" And use that to make their victims feel like they are overreacting. *It's not about the list. It's about the impacts on the victim/survivor.*

12:32:56 From Tina Lawson to Everyone:

Reacted to "" I want my conjugal..." with 😬

12:33:03 From Tracey Phillips to Everyone:

Can you talk about stonewalling, and silent control? *Silent treatment and stonewalling are ways to maintain control through loss of interaction.*

12:33:09 From KAMILLA to Everyone:

Leslie Vernick. "Are You In An Emotionally Destructive Relationship?"
<https://www.leslievernick.com/pdfs/Relationship-test.pdf>

12:33:11 From Joy Forrest to Everyone:

Reacted to "My ex would always s..." with 👍

12:33:15 From Rachel Smith to Everyone:

They can be smiling and look pleasant and happy to others, but you know they are livid!

12:33:26 From Rebecca Noel to Everyone:

My ex had a sinister smug look on his face when he abused me.

12:33:30 From Deah Embree to Everyone:

Reacted to "They can be smiling ..." with 🙌

12:33:43 From Brandon Eberl to Everyone:

I call it a "death stare". It's purely demonic!

12:34:20 From Helenmary Brown to Everyone:

Reacted to "Darby Strickland ..." with 👍

12:34:21 From Rebecca Noel to Everyone:

Reacted to My ex would demand s... with "😬"

12:34:22 From Cindy Baltz-King to Everyone:

Yes, Tracey...Stonewalling is another huge tactic.

12:34:49 From Kelly Barton to Everyone:

The Lord just used you to identify a trigger I am having in my current marriage that I had not realized. On my list to discuss with my counselor now, but wanted to praise the Lord in the moment for the revelation and healing.

12:34:58 From Joy Forrest to Everyone:

Replying to "Can you talk about s..."

That goes under emotional abuse on the Wheel.

12:35:01 From Deah Embree to Everyone:

Surveillance was over the top: cameras, hacking FB, asking children questions, monitoring purchases, and i believe, tracking car.

12:35:10 From Cindy Baltz-King to Everyone:

Reacted to "The Lord just used y..." with ❤️

12:35:15 From Jenelle Chadwick to Everyone:

I think my abuser looked pitiful, sad, heartbroken. He played on my empathy and sympathy.

12:35:22 From Allison Wessels to Everyone:

Replying to "Can you talk about s..."

Got it. Thank you!

12:35:35 From Lynn Loscar to Everyone:

i know of a husband that put cameras in the bathroom

12:35:38 From Deah Embree to Everyone:

Degradation: compliments in front of others, criticism when alone

12:35:38 From Tricia Foster to Everyone:

I filed cyberstalking charges if someone needs to bounce off questions

12:35:51 From Brandon Eberl to Everyone:

Reacted to "I filed cyberstalkin..." with 👍

12:35:53 From Jenelle Chadwick to Everyone:

Reacted to "Degradation: complim..." with 👍

12:36:00 From Cathy Sharpe to Everyone:

Reacted to "Degradation: complim..." with 👍

12:36:04 From Jenelle Chadwick to Everyone:

Reacted to "I filed cyberstalkin..." with 👍

12:36:04 From Brandon Eberl to Everyone:

Removed a 👍 reaction from "I filed cyberstalkin..."

12:36:07 From Deah Embree to Everyone:

yes, demanded homeschooling

12:36:08 From Brandon Eberl to Everyone:

Reacted to "I filed cyberstalkin..." with 👍

12:36:22 From Deah Embree to Everyone:

Reacted to "I filed cyberstalkin..." with 💜

12:36:25 From KAMILLA to Everyone:

Emma Katz – “Coercive Control in Children’s and Mothers’ Lives”

<https://a.co/d/iE1TWJt>

12:36:36 From Tracey Phillips to Everyone:

If I didn’t do what he wanted, he would say, “Do you want the children to hate you?”

12:36:46 From Cindy Baltz-King to Everyone:

It’s sad that these children are learning to repeat this terrible cycle.

12:37:03 From Deah Embree to Everyone:

Reacted to "It’s sad that these ..." with 💜

12:37:25 From Joy Forrest to Everyone:

Reacted to "The Lord just used y..." with ❤️

12:37:27 From Cindy Baltz-King to Everyone:

Gaslighting

12:37:51 From Sandy Skylar to Everyone:

nonverbal cues

12:37:57 From Shelle Mossman to Everyone:

QUESTION: can you put the link from this slide in the chat?

https://houseofpeacepubs.com/ipv_assess.htm Checklists from Dr. Debra's book; On your course web page.

12:38:04 From Simone Diana-Arellano to Everyone:

He wouldn’t give me my car keys when I had important doctors appointment.

I had to take a taxi.

12:38:08 From Deah Embree to Everyone:

false affair accusations...when he was the one having affairs

12:38:12 From Christi Douglas to Everyone:

One of my clients got a burner phone when she left home because she suspected he was stalking her through her iPhone. Within days of her leaving, he texted her on the burner phone.

12:38:15 From Martha Schuman to Everyone:

Reacted to "Degradation: complim..." with 👍

12:38:16 From Tracey Phillips to Everyone:

He said, "If you get a lawyer, I will rip everything to shreds." He did this. He took all the money, had an estate sale and sold our possessions, destroyed the whole house while I was in hiding, and he tore down the barn, and sold my horse trailer. He said, "After I take away everything you want then maybe you will die."

12:38:23 From Margaret Steckly to Everyone:

I notice this tactic especially with family and friends. I'm a walking threat.

12:38:28 From Tricia Foster to Everyone:

Reacted to "false affair accusat..." with 👍

12:38:35 From Ladonna Hafen to Everyone:

Intimidation: punching the wall, puffed up chest and balled fists during a discussion

12:38:39 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "One of my clients go..."

That's a big ol' yikes.

12:38:53 From Shelle Mossman to Everyone:

Reacted to "Intimidation: punchi..." with 👍

12:38:55 From Deah Embree to Everyone:

it's almost like they've all read the same book of tactics

12:39:00 From Cathy Sharpe to Everyone:

He would tell me what he would do violently to so and so if they dared to cross him...implying without saying it, that he would also do it to me

12:39:04 From Cindy Baltz-King to Everyone:

Yes, blame shifting

12:39:13 From KAMILLA to Everyone:

Replying to "QUESTION: can you pu..."

Intimidation Checklist: <https://houseofpeacepubs.com/documents/UsingIntimidationrev2.pdf>

12:39:15 From Irene McConnehey to Everyone:

Reacted to "false affair accusat..." with 👍

12:39:24 From Tricia Foster to Everyone:

Reacted to "Intimidation: punchi..." with 👍

12:39:24 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "I love what you said..." with ❤️

12:39:31 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

ABC - Always Be Cool.

12:39:31 From Helenmary Brown to Everyone:

Reacted to "He would tell me w..." with 😞

12:39:35 From Simone Diana-Arellano to Everyone:

He turned off my cell phone. I'm currently on my 4th phone number.

12:39:40 From Kelly Barton to Everyone:

My counselor tells me not to be the anxious cow in the room. Super helpful for me to remember

12:39:45 From Shelle Mossman to Everyone:

Reacted to "Intimidation Checkli..." with 👍

12:40:03 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

JADE - Justify Argue Defend Explain

12:40:04 From Deah Embree to Everyone:

even grey-rock would make him angry, but it kept things from escalating

12:40:09 From Jana Taft to Everyone:

He punched walls, used his hand to knock everything off the dresser/counter top etc., burned my belongings, locked me and/the kids out of the house, blocked doorways, broke the phone.

12:40:11 From Cindy Baltz-King to Everyone:

Yes, it tells them that they are winning their power over you

12:40:11 From Tracey Phillips to Everyone:

He cancelled my ATM card, and when I went to get gas, I could not.

12:40:16 From KAMILLA to Everyone:

JADE - <https://lifesavingdivorce.com/tag/jade/>

Justify your actions

Argue to prove you are right

Defend yourself

Explain why you did something.

12:40:18 From Deah Embree to Everyone:

Reacted to "He punched walls, us..." with 

12:40:27 From Deah Embree to Everyone:

Reacted to "He cancelled my ATM ..." with 

12:40:33 From Deah Embree to Everyone:

Replying to "He cancelled my ATM ..."

yes

12:40:44 From Rachel Smith to Everyone:

He tearfully said after returning from church, "I told my Bible study group I apologized over and over and that you wouldn't forgive me." He had not apologized...in fact told me he had nothing to apologize for. Then he abruptly switched to an evil glare and laughed.

12:40:45 From m m to Everyone:

Degradation: slipped up and called me Mouth at our and childrens' birthday party from across the yard. And some people laughed.

12:40:45 From Deah Embree to Everyone:

Replying to "He punched walls, us..."

yes

12:40:52 From Brandon Eberl to Everyone:

He sat outside my mom's bedroom door listening to our private FaceTime call after he had tried to physically assault my mom. He then admitted to stalking her/us on a phone call with me several days later.

12:40:55 From Cindy Baltz-King to Everyone:

Reacted to "He punched walls, us..." with 

12:41:04 From Lori Veenstra to Everyone:

My husband left guns laying everywhere and would wear one in his belt visible so I always felt threatened, Had a look of threat in public. Threatened me to get a restraining order against me because of "my abuse", told me it was easy (and he was previously in law enforcement). Threatened to change locks so I couldn't leave. Had a buddy follow me. Called me an adulterer when he was the one sleeping around. I could go on and on.

12:41:21 From Tricia Foster to Everyone:

Reacted to "My husband left guns..." with 👍

12:41:24 From Simone Diana-Arellano to Everyone:

A friend found an app called Carpin on my current cell phone

12:41:42 From Cathy Sharpe to Everyone:

He would also tell me really he had seen these really weird dangerous things outside of the house and I should stay inside and keep the children inside

12:41:42 From Tricia Foster to Everyone:

Replying to "My husband left guns..."

same story here, he is still LEO

12:41:49 From Deah Embree to Everyone:

told lies to the pastor and church...and they believed him

12:41:57 From Ladonna Hafen to Everyone:

Monitoring data usage on phones

12:42:08 From Deah Embree to Everyone:

Reacted to "My husband left guns..." with 💜

12:42:08 From Tricia Foster to Everyone:

Reacted to "He would also tell m..." with 👍

12:42:13 From Jenelle Chadwick to Everyone:

Reacted to "One of my clients go..." with 😬

12:42:21 From Deah Embree to Everyone:

Reacted to "Monitoring data usag..." with 💜

12:42:22 From m m to Everyone:

I looped couldesac after he threatened to kill my mother and I bc I felt he was nearby. Found out after the fact, neighbor was letting him park in her back yard.

12:42:23 From Jenelle Chadwick to Everyone:

Reacted to "it's almost like the..." with 👍

12:42:38 From Jenelle Chadwick to Everyone:

Reacted to "Yes, blame shifting" with 👍

12:42:39 From Deah Embree to Everyone:

Replying to "Monitoring data usag..."

yes...checking texts and emails

12:42:45 From Kendra Thurman to Everyone:

Remember to take good care of yourself - if you are feeling triggered, take some time to step away, take deep breaths, stretch, etc. You can come back and watch the recording.

12:43:05 From KAMILLA to Everyone:

Intimidation Checklist: <https://houseofpeacepubs.com/documents/UsingIntimidationrev2.pdf>

12:43:18 From Jenelle Chadwick to Everyone:

Reacted to "He turned off my cel..." with 😬

12:43:29 From Tyrie Strong to Everyone:

Reacted to "Remember to take goo..." with 😬

12:43:37 From Jenelle Chadwick to Everyone:

Reacted to "even grey-rock would..." with 👍

12:43:43 From Sheri Faber (Millenbaugh) to Everyone:

My ex would tell me about husband's that murdered their wives and put articles on the refrigerator.

12:43:43 From KAMILLA to Everyone:

Chart for documenting behaviors/impacts:

<https://www.houseofpeacepubs.com/Advocacy%20Courses/documents/Timelineexample.docx>

12:43:46 From Jenelle Chadwick to Everyone:

Reacted to "JADE - https://lifes..." with ❤️

12:43:49 From Ladonna Hafen to Everyone:

One client was threatened that he could kill her, hide the body, and no one would ever know. Unfortunately he has the skills to follow through and she is still trapped.

12:43:51 From Deah Embree to Everyone:

suicide threats

12:44:01 From Helenmary Brown to Everyone:

Reacted to "told lies to the p..." with 🙄

12:44:06 From Helenmary Brown to Everyone:

Reacted to "Monitoring data us..." with 👍

12:44:09 From Deah Embree to Everyone:

threats to accuse me of abusing children

12:44:34 From Jenelle Chadwick to Everyone:

Reacted to "He tearfully said af..." with 🙄

12:44:35 From Jennifer to Everyone:

WHAT ABOUT NONVERBAL THREATS LIKE CLENCHED FISTS IN HER FACE?

12:44:43 From Joy Forrest to Everyone:

Reacted to "WHAT ABOUT NONVERBAL..." with 👍

12:44:53 From Helenmary Brown to Everyone:

Reacted to "My husband left gu..." with 🙄

12:44:55 From Joy Forrest to Everyone:

Replying to "WHAT ABOUT NONVERBAL..."

That could also be intimidation

12:45:02 From Deah Embree to Everyone:

told me if I didn't come see him, he would throw my Grandmother's antique in the dumpster that night

12:45:03 From Jennifer to Everyone:

Reacted to "That could also be..." with 👍

12:45:04 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "WHAT ABOUT NONVERBAL..."

Definitely also intimidation.

12:45:04 From Jenelle Chadwick to Everyone:

Reacted to "He punched walls, us..." with 🙄

12:45:18 From Jennifer to Everyone:

Reacted to "Definitely also in..." with 👍

12:45:26 From Jenelle Chadwick to Everyone:

Reacted to "He sat outside my mo..." with 🌸

12:45:30 From Deah Embree to Everyone:

ALWAYS walking on eggshells...years later, still tense, but learning to relax

12:46:08 From Cindy Baltz-King to Everyone:

Oh yes, they lose their identity.

12:46:31 From Deah Embree to Everyone:

just starting to remember me, dress like I used to, educate myself, do things I enjoy

12:46:49 From Tricia Foster to Everyone:

Reacted to "just starting to rem..." with ❤️

12:47:00 From Helenmary Brown to Everyone:

Reacted to "JADE - https://lif..." with ❤️

12:47:02 From Ladonna Hafen to Everyone:

Watching an abused woman discover who she is and step into her own identity is so beautiful



12:47:09 From Lacie to Everyone:

Reacted to "Watching an abused w..." with ❤️

12:47:11 From Tricia Foster to Everyone:

Reacted to "Watching an abused w..." with 👍

12:47:18 From Susan Sharp to Everyone:

Reacted to "Watching an abused w..." with ❤️


12:47:31 From Deah Embree to Everyone:

we don't need a mediator in our relationship with God!


12:47:39 From Brandon Eberl to Everyone:

Reacted to "we don't need a medi..." with 💜

12:47:44 From Deah Embree to Everyone:

Reacted to "Watching an abused w..." with 

12:47:56 From Cindy Baltz-King to Everyone:


Reacted to "we don't need a medi..." with 

12:48:04 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "Watching an abused w..."

Yes!!!

12:48:14 From Irene McConnehey to Everyone:

Reacted to "Watching an abused w..." with 

12:48:35 From Cindy Baltz-King to Everyone:

I was always told, I'm holier than thou..

12:48:40 From Jana Taft to Everyone:

Replying to "Watching an abused w..."

Yes!!   


12:48:51 From Joy Forrest to Everyone:

Reacted to "Definitely also inti..." with 


12:48:56 From Deah Embree to Everyone:

I wasn't allowed to return to work or education, either

12:49:00 From Christi Douglas to Everyone:

Reacted to "Watching an abused w..." with 

12:49:02 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "I wasn't allowed to ..." with 


12:49:09 From Jenelle Chadwick to Everyone:

Reacted to "One client was threa..." with 

12:49:10 From Lynn Loscar to Everyone:

i did that and i didn't ever get paid

12:49:19 From Deah Embree to Everyone:

Reacted to "i did that and i did..." with 

12:49:22 From Cindy Baltz-King to Everyone:

Reacted to "Watching an abused w..." with ❤️

12:49:24 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "i did that and i did..."

Very common. I'm so sorry.

12:49:24 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Reacted to "Watching an abused w..." with ❤️

12:49:35 From Jenelle Chadwick to Everyone:

Reacted to "ALWAYS walking on eg..." with 😞

12:49:44 From Jenelle Chadwick to Everyone:

Reacted to "just starting to rem..." with ❤️

12:49:51 From Jenelle Chadwick to Everyone:

Reacted to "we don't need a medi..." with ❤️

12:50:06 From Helenmary Brown to Everyone:

Reacted to "I was always told,..." with 😞

12:50:09 From Helenmary Brown to Everyone:

Reacted to "I wasn't allowed t..." with 😞

12:50:16 From Helenmary Brown to Everyone:

Reacted to "i did that and i d..." with 👍

12:50:20 From Joy Forrest to Everyone:

Replying to "told me if I didn't ..."

Mine actually did that..

12:50:22 From Jennie Smith to Everyone:

any success or compliments I gained when i worked, he made about him - he was an emotional vampire

12:50:34 From Kendra Thurman to Everyone:

It's common for survivors to not know how to make simple choices - like what to order at a restaurant, what kind of music she likes, what style of clothing she prefers to wear, etc. - because she has never been able to make those choices independently - without consequences if she doesn't bend to his whims.

12:50:34 From Deah Embree to Everyone:

family and friends knew they didn't like him, but never told me...though they had no idea of what was going on

12:50:35 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "any success or compl..." with 🙄

12:50:40 From Jenelle Chadwick to Everyone:

Reacted to "Watching an abused w..." with ❤️

12:50:43 From Deah Embree to Everyone:

Reacted to "It's common for surv..." with 🙄

12:50:56 From Helenmary Brown to Everyone:

Reacted to "family and friends..." with 😞

12:51:14 From Deah Embree to Everyone:

Replying to "It's common for surv..."

once you become brave enough to start to assert your preferences, they're NOT happy

12:51:15 From Kendra Thurman to Everyone:

Reacted to "Watching an abused w..." with 💜

12:51:17 From Jana Taft to Everyone:

He made up lies about my family to keep me from them. He isolated my friends from me by trying to seduce them behind my back. I found this out after we split up.

12:51:23 From Helenmary Brown to Everyone:

Replying to "family and friends..."

Same here.

12:51:30 From Deah Embree to Everyone:

Reacted to "He made up lies abou..." with 💜

12:51:33 From Deah Embree to Everyone:

Replying to "He made up lies abou..."

yes

12:51:46 From Deah Embree to Everyone:

Reacted to "Same here." with 💜

12:51:48 From Jenelle Chadwick to Everyone:

Reacted to "It's common for surv..." with 🤔

12:51:56 From Jenelle Chadwick to Everyone:

Reacted to "once you become brav..." with 👍

12:52:05 From Kendra Thurman to Everyone:

Reacted to "once you become brav..." with 👍

12:52:32 From Martha Schuman to Everyone:

He decided we'd both get an allowance of spending money based on our respective salaries. He was an army officer and made a lot more than I did.

12:52:41 From Deah Embree to Everyone:

Reacted to "He decided we'd both..." with 💜

12:52:47 From Jana Taft to Everyone:

Reacted to "He decided we'd both..." with ❤️

12:52:51 From Jenelle Chadwick to Everyone:

Reacted to "He made up lies abou..." with 🤔

12:52:59 From Rachel Smith to Everyone:

He never wanted to do anything with me. He even said, "I want to do something, I just don't have anyone i want to do something with."

12:53:06 From Jenelle Chadwick to Everyone:

Reacted to "He decided we'd both..." with 😬

12:53:09 From Lori Veenstra to Everyone:

Replying to "He would also tell..."

Yes, my husband did this all the time, I never identified it as one of his intimidation tactics. Thank you!!

12:53:19 From Deah Embree to Everyone:

so used to asking for permission, it's hard to stop!

12:53:22 From Heather Ives, SC to Everyone:

Heather Ives Columbia SC

12:53:47 From Deah Embree to Everyone:

Replying to "so used to asking fo..."

go to the grocery? invite someone over?

12:54:01 From Joy Forrest to Everyone:

Reacted to "so used to asking fo..." with 👍

12:54:16 From Cindy Baltz-King to Everyone:

Mine would show Jealousy among his own sons having any kind of bonding...he would always cause division among them...and use favoritism.

12:54:28 From Ladonna Hafen to Everyone:

Reacted to so used to asking fo... with " 👍 "

12:54:38 From Deah Embree to Everyone:

added the ex to my account when we married...though he never added me to his...and it wasn't long before my life savings were "needed" for something else.

12:55:03 From Jenelle Chadwick to Everyone:

Reacted to "so used to asking fo..." with 🌸

12:55:05 From Deah Embree to Everyone:

Reacted to "Mine would show Jeal..." with 💜

12:55:10 From Deah Embree to Everyone:

Replying to "Mine would show Jeal..."

yes

12:55:20 From Ladonna Hafen to Everyone:

Replying to "Mine would show Jeal..."

Emma Katz talks abou...

12:55:20 From Rachel Smith to Everyone:

Or making you be responsible for everything financially.


12:55:26 From Martha Schuman to Everyone:

Does CTPM want volunteers that will offer temporary "safe homes" for women who need to get away quickly?

12:55:27 From Jana Taft to Everyone:

Reacted to "added the ex to my a..." with 😬


12:55:35 From Deah Embree to Everyone:

Reacted to "Emma Katz talks abou..." with 

12:55:39 From Helenmary Brown to Everyone:

Reacted to "Does CTPM want vol..." with 

12:55:39 From Tricia Foster to Everyone:

Reacted to "It's common for surv..." with 

12:55:41 From Lacie to Everyone:

Reacted to "Does CTPM want volun..." with 

12:55:43 From Cindy Baltz-King to Everyone:

Reacted to "Emma Katz talks abou..." with 

12:55:45 From Jana Taft to Everyone:

Reacted to "Does CTPM want volun..." with 

12:55:48 From Lacie to Everyone:

Replying to "Does CTPM want volun..."

great question

12:55:49 From Cathy Sharpe to Everyone:

Reacted to "Does CTPM want volun..." with 


12:55:52 From m m to Everyone:

Called govt FS/Medicaid my "Daddy" bc kids and i needed to eat and go to dr

12:56:05 From Jana Taft to Everyone:

Reacted to "Called govt FS/Medic..." with 

12:56:09 From Jenelle Chadwick to Everyone:

Reacted to "Mine would show Jeal..." with 

12:56:11 From Martha Schuman to Everyone:

I caught my husband day trading with my IRA.

12:56:13 From Deah Embree to Everyone:

Replying to "Mine would show Jeal..."

my mother did this within our family, triangulating dad, brother, and me, so it was "familiar" in the marriage

12:56:18 From Jenelle Chadwick to Everyone:

Reacted to "Emma Katz talks abou..." with 👍

12:56:23 From Cindy Baltz-King to Everyone:

Reacted to "Does CTPM want volun..." with ❤️

12:56:23 From Deah Embree to Everyone:

Reacted to "Does CTPM want volun..." with 💜

12:56:26 From Jenelle Chadwick to Everyone:

Reacted to "my mother did this w..." with 😬

12:56:27 From Helenmary Brown to Everyone:

Reacted to "WHAT ABOUT NONVERB..." with 😞

12:56:31 From Lacie to Everyone:

Reacted to "I caught my husband ..." with 😬

12:56:33 From Joy Forrest to Everyone:

Replying to "Does CTPM want volun..."

We don't coordinate it, but we do know people who do.

12:56:35 From Cindy Baltz-King to Everyone:

Replying to "Does CTPM want volun..."

Yes...so needed!!

12:56:37 From Deah Embree to Everyone:

Replying to "Does CTPM want volun..."

such a need! I bounced from one place to another for a while.

12:56:39 From Jenelle Chadwick to Everyone:

Reacted to "added the ex to my a..." with 🗣️

12:56:43 From Tracey Phillips to Everyone:

Spouse took several million dollars, and had 120 bank accounts. I only had access to a minimal amount each month. This affected my relationship with my children. They were mad at me, "Mom, you always worry about money. Dad says we have plenty." I never saw the "plenty."

12:56:49 From m m to Everyone:

Reacted to Does CTPM want volun... with "❤️"

12:56:50 From m m to Everyone:

Removed a ❤️ reaction from "Does CTPM want volun..."

12:56:52 From m m to Everyone:

Reacted to Does CTPM want volun... with "❤️"

12:56:54 From Lacie to Everyone:

Reacted to "We don't coordinate ..." with 👍

12:56:54 From Jenelle Chadwick to Everyone:

Reacted to "Called govt FS/Medic..." with 🤖

12:57:02 From Cathy Sharpe to Everyone:

Reacted to "We don't coordinate ..." with 👍

12:57:04 From Kendra Thurman to Everyone:

This has a large impact for survivors being able to successfully leave - the #1 reason they return to a bad situation has to do with finances.

12:57:09 From Lacie to Everyone:

Reacted to "Spouse took several ..." with 😬

12:57:12 From Cindy Baltz-King to Everyone:

Reacted to "Spouse took several ..." with 😞

12:57:15 From Christi Douglas to Everyone:

Although women may only identify one item on the power and control wheel at first, as she moves away from the manipulative spin and establishes more mental and emotional safety, she may see more on the wheel that was happening that she wasn't able to see when he was controlling her.

12:57:17 From Deah Embree to Everyone:

churches had clothing giveaways!

12:57:18 From Jenelle Chadwick to Everyone:

Reacted to "I caught my husband ..." with 😡

12:57:24 From Karen DeArmond Gardner to Everyone:

The abuser may keep you in debt, make you work, or work at jobs that are beneath your ability.

12:57:29 From Jenelle Chadwick to Everyone:

Reacted to "Does CTPM want volun..." with 👍

12:57:29 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "Although women may o..."

This is SUPER common.

12:57:33 From Jenelle Chadwick to Everyone:

Reacted to "great question" with 👍

12:57:36 From Deah Embree to Everyone:

thrift shops are willing to work with those in need

12:57:41 From Jenelle Chadwick to Everyone:

Reacted to "We don't coordinate ..." with 👍

12:57:44 From Joy Forrest to Everyone:

Reacted to "The abuser may keep ..." with 👍

12:57:48 From Deah Embree to Everyone:

Reacted to "Although women may o..." with 💜

12:57:50 From Joy Forrest to Everyone:

Reacted to "thrift shops are wil..." with 👍

12:57:51 From Helenmary Brown to Everyone:

Reacted to "thrift shops are w..." with ❤️

12:57:53 From Tyrie Strong to Everyone:

Reacted to "My ex would tell me ..." with 👍

12:57:56 From Deah Embree to Everyone:

Replying to "Although women may o..."

yes

12:57:58 From Kendra Thurman to Everyone:

Reacted to "Although women may o..." with 💜

12:58:00 From Deah Embree to Everyone:

Reacted to "This is SUPER common..." with 🙌

12:58:09 From Jenelle Chadwick to Everyone:

Reacted to "Spouse took several ..." with 🤔

12:58:18 From Deah Embree to Everyone:

Reacted to "Spouse took several ..." with 💜

12:58:30 From m m to Everyone:

Reacted to This has a large imp... with "👍"

12:58:31 From Deah Embree to Everyone:

Replying to "Spouse took several ..."

not the same numbers, but same tact

12:58:31 From Cindy Baltz-King to Everyone:

Reacted to "Spouse took several ..." with 🤔

12:58:33 From Tyrie Strong to Everyone:

Replying to "My ex would tell me ..."

@Sheri Faber (Millenbaugh) mine did the same. Every week or two, every one he could find. He made sure the little children heard all about it too. It fueled my terror he'd kill me/us when I did leave.

12:58:48 From Deah Embree to Everyone:

Reacted to "@Sheri Faber (Millen..." with 💜

12:58:50 From Joy Forrest to Everyone:

Reacted to "@Sheri Faber (Millen..." with 😞

12:58:51 From Deah Embree to Everyone:

Reacted to "My ex would tell me ..." with 💜

12:58:58 From Tyrie Strong to Everyone:

Reacted to "It's common for surv..." with 👍

12:59:00 From m m to Everyone:

Reacted to Mine would show Jeal... with "👍"

12:59:01 From Kendra Thurman to Everyone:

Tip: Have her set up an account at a different bank than where the rest of their money is kept.

12:59:10 From Ladonna Hafen to Everyone:

Yes, shut out of finances and then found out from my mother in law that I had bills in my name in collections. And that he hadn't done our taxes for 4 years which led to a huge debt we are still paying off.

12:59:20 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "Tip: Have her set u..."

And check with an attorney. Just be sure anything done is legal.

12:59:23 From Tyrie Strong to Everyone:

Reacted to "I caught my husband ..." with 😞

12:59:24 From Jenelle Chadwick to Everyone:

Reacted to "Although women may o..." with ❤️

12:59:31 From Sheri Faber (Millenbaugh) to Everyone:

My ex removed something from the engine of my vehicle so I couldn't go anywhere.

12:59:39 From Kendra Thurman to Everyone:

Reacted to "And check with an at..." with 💜

12:59:45 From Joy Forrest to Everyone:

Replying to "Tip: Have her set u..."

And maybe in a family member's name to protect it after separation.

12:59:52 From Deah Embree to Everyone:

Reacted to "My ex removed someth..." with 💜

12:59:55 From Kendra Thurman to Everyone:

Reacted to "And maybe in a famil..." with 💜

13:00:01 From Lynn Loscar to Everyone:

I need help with dealing with economic control in my own marriage

13:00:04 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "Tip: Have her set u..."

@Joy Forrest Make sure it's a trusted family member. Some families are NOT safe places.

13:00:15 From Deah Embree to Everyone:

daughter thought she was the reason for divorce

13:00:19 From Tracey Phillips to Everyone:

Could you put the financial abuse link in chat?

13:00:27 From Joy Forrest to Everyone:

Replying to "Tip: Have her set u..."

Yes! Like a parent, etc.

13:00:30 From Jana Taft to Everyone:

I was on an allowance that was impossible to purchase what was needed from while he spent freely. He didn't pay bills, though, and ruined my credit. I dealt with the creditors who came after us. He never had to.

13:00:32 From m m to Everyone:

My dau got mad at me for letting him take truck that I paid for, until she was older and i explained why, so he would leave us alone

13:00:39 From Deah Embree to Everyone:

Reacted to "@Joy Forrest Make su..." with 🙌

13:00:41 From Christi Douglas to Everyone:

Reacted to "Tip: Have her set u..." with ❤️

13:00:52 From Deah Embree to Everyone:

Reacted to "I was on an allowanc..." with 💜

13:00:57 From Cindy Baltz-King to Everyone:

Mine is enabling our college son to not move out and learn responsibility.

13:01:31 From Deah Embree to Everyone:

"God hates divorce"

13:01:35 From Jenelle Chadwick to Everyone:

Reacted to "Mine is enabling our..." with 🙌

13:01:35 From Deah Embree to Everyone:

Reacted to "Mine is enabling our..." with 💜

13:01:38 From Deah Embree to Everyone:

Replying to "Mine is enabling our..."

yes

13:01:40 From Jenelle Chadwick to Everyone:

Reacted to ""God hates divorce"" with 🙄

13:01:42 From Joy Forrest to Everyone:

Reacted to ""God hates divorce"" with 👍

13:01:50 From Joy Forrest to Everyone:

Replying to ""God hates divorce""

I used that one against myself

13:01:56 From Deah Embree to Everyone:

Replying to ""God hates divorce""

@Joy Forrest same

13:02:01 From Joy Forrest to Everyone:

Reacted to "@Joy Forrest same" with 😞

13:02:13 From Rachel Smith to Everyone:

Questioning your salvation.

13:02:24 From Deah Embree to Everyone:

Reacted to "I used that one agai..." with 💜

13:02:41 From Deah Embree to Everyone:

submission is confused with subservience

13:02:47 From Deah Embree to Everyone:

Reacted to "Questioning your sal..." with 💜

13:02:48 From Angi Beery to Everyone:

Reacted to "submission is confus..." with 🙄

13:02:56 From Susan Sharp to Everyone:

Reacted to "submission is confus..." with 🙄

13:03:09 From Cathy Sharpe to Everyone:

Reacted to "My ex would tell me ..." with 😞

13:03:16 From Jenelle Chadwick to Everyone:

They've been mistranslated.

13:03:18 From Brandon Eberl to Everyone:

Experienced this (spiritual abuse) just this morning. Was told by a family member I was being "hateful" for advocating from the abused, and shedding light on coercive control/tactics of abusers! 😞

13:03:27 From Deah Embree to Everyone:

Reacted to "Experienced this (sp..." with 💜

13:03:34 From Jenelle Chadwick to Everyone:

Reacted to "Experienced this (sp..." with 🙏

13:03:39 From Deah Embree to Everyone:

This subject is HARD, but VALIDATING

13:03:40 From Lacie to Everyone:

I was told to read the book of Esther to learn how to approach my husband the right way.

13:03:44 From KAMILLA to Everyone:

<https://joyforrest.wordpress.com/2014/02/26/biblical-headship-and-submission-in-emotionally-abusive-marriages/>

13:03:53 From Cindy Baltz-King to Everyone:

Reacted to "This subject is HARD..." with 👍

13:04:01 From Kendra Thurman to Everyone:

It's a form of idolatry. He wants to be in God's position - not God!

13:04:03 From Jenelle Chadwick to Everyone:

Replying to "Experienced this (sp..."

They want you to be quiet. Shut off the spotlight, remain in the dark.

13:04:20 From Jana Taft to Everyone:

Reacted to "It's a form of idola..." with ❤️

13:04:21 From Kendra Thurman to Everyone:

Reacted to "https://joyforrest.w..." with 💜

13:04:22 From Mara Williams to Everyone:

Reacted to "Experienced this (sp..." with 🙏

13:04:24 From Jenelle Chadwick to Everyone:

Reacted to "https://joyforrest.w..." with 👍

13:04:24 From Lori Veenstra to Everyone:

Replying to "My ex removed some..."

My car alarm would go off in the garage in the middle of the night. He was checking to see if I forgot to lock it so he could disable it. I had to be so careful - even slept with my keys on me.

13:04:26 From Jana Taft to Everyone:

Reacted to "I was told to read t..." with 🤔

13:04:30 From Martha Schuman to Everyone:

My husband, who had a masters in divinity and was 9 years older than me, was a "walking bible." I used to say the Bible was the baseball bat he used to control me. They made him an elder in my church against my advice and that was when we started marriage counseling. Long story, long road.

13:04:33 From Jenelle Chadwick to Everyone:

Reacted to "It's a form of idola..." with 👍

13:04:38 From Karen Wilkinson to Everyone:

By definition, submission is totally voluntary. If any type of force is used, that's a very different thing

13:04:40 From Lacie to Everyone:

Reacted to "My husband, who had ..." with 😬

13:04:42 From Cindy Baltz-King to Everyone:

It's sad how certain churches enable these men to stay in their sin.

13:04:53 From Jana Taft to Everyone:

Reacted to "My husband, who had ..." with 🙏

13:04:53 From Jenelle Chadwick to Everyone:

Reacted to "My husband, who had ..." with 🙏

13:05:01 From Jana Taft to Everyone:

Reacted to "By definition, submi..." with ❤️

13:05:03 From Jenelle Chadwick to Everyone:

Reacted to "By definition, submi..." with ❤️

13:05:05 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "It's sad how certain..."

It's extremely unloving to them.

13:05:07 From Susan Sharp to Everyone:

Reacted to "By definition, submi..." with 👍

13:05:14 From Jenelle Chadwick to Everyone:

Reacted to "It's sad how certain..." with 👍

13:05:14 From Jana Taft to Everyone:

Replying to "By definition, submi..."

Yes! 🏆 🎯 ❤️

13:05:29 From Jana Taft to Everyone:

Replying to "It's sad how certain..."

It's evil!

13:05:34 From Deah Embree to Everyone:

Reacted to "By definition, submi..." with 💜

13:05:34 From Cindy Baltz-King to Everyone:

I was told to stay under the 'umbrella'

13:05:42 From Deah Embree to Everyone:

Reacted to "It's extremely unlov..." with 🙌

13:05:42 From Jenelle Chadwick to Everyone:

Reacted to "I was told to stay u..." with 🙌

13:05:45 From Deah Embree to Everyone:

Reacted to "It's sad how certain..." with 💜

13:05:46 From Christi Douglas to Everyone:

Reacted to "It's extremely unlov..." with ❤️

13:05:51 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Replying to "I was told to stay u..."

Oh the umbrella...

13:06:04 From Deah Embree to Everyone:

Reacted to "My husband, who had ..." with 💜

13:06:12 From Beth Burke to Everyone:

Replying to "I was told to stay u..."

YES we need to be "Protected" by our husband!!!!

13:06:40 From Joy Forrest to Everyone:

Reacted to "Questioning your sal..." with 👍

13:06:42 From Cindy Baltz-King to Everyone:

God hates legalism!

13:06:45 From Joy Forrest to Everyone:

Reacted to "submission is confus..." with 👍

13:06:45 From Beth Burke to Everyone:

Replying to "I was told to stay u..."

along with our adult daughters who have no rights

13:06:53 From Joy Forrest to Everyone:

Reacted to "I was told to read t..." with 🙄

13:06:56 From Deah Embree to Everyone:

Replying to "My husband, who had ..."

my ex was an elder, too...guess who had to write meeting notes so he could be praised for being "so prepared"

13:06:56 From Angi Beery to Everyone:

When feeling crazy because I was being told I wasn't submissive, I would ask my dad to remind me again what the true definition of submission was and he would always say "if a man is loving his wife as Christ loves the church, submission is a non-issue!"

13:07:04 From Shelly to Everyone:

QUESTION: (I'm sorry if this is off topic) Are there resources for pastors who think they might be experiencing spiritual abuse at the hands of the other church leadership? Is there anyone/anything that can help him evaluate this and figure out what to do in what feels like a very oppressive environment?

Reach out to churchpartners@calledtopeace.org


13:07:12 From Susan Sharp to Everyone:

Reacted to "When feeling crazy b..." with ❤️

13:07:14 From Deah Embree to Everyone:

Reacted to "God hates legalism!" with 🙌

13:07:18 From Brandon Eberl to Everyone:

Reacted to "When feeling crazy b..." with 


13:07:19 From Deah Embree to Everyone:

Replying to "God hates legalism!"
and abuse!

13:07:22 From Cindy Baltz-King to Everyone:


Replying to "I was told to stay u..."
I would ask... where does it say that in the Bible??

13:07:22 From Tina Lawson to Everyone:


Consequences Are The ONLY HOPE for them to wake up 

And many of these men get coddled by their mothers & men in the church enabling them & putting the blame on victim...And why they don't change !


13:07:24 From Deah Embree to Everyone:

Reacted to "I was told to stay u..." with 

13:07:29 From Deah Embree to Everyone:

Reacted to "Oh the umbrella..." with 


13:07:32 From Kendra Thurman to Everyone:

Reacted to "When feeling crazy b..." with 


13:07:39 From Deah Embree to Everyone:

Replying to "I was told to stay u..."
yes


13:07:39 From Angi Beery to Everyone:

Reacted to "Consequences Are The..." with 


13:07:41 From Martha Schuman to Everyone:

Reacted to "Consequences Are The..." with 

13:07:52 From Deah Embree to Everyone:

Reacted to "When feeling crazy b..." with 

13:08:12 From Deah Embree to Everyone:

Reacted to "Consequences Are The..." with 

13:08:28 From Cindy Baltz-King to Everyone:

Bill Gaither started that umbrella junk.

13:08:28 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "QUESTION: (I'm sorr..."

Yes! Several books have been written. Something's not Right

https://www.amazon.com/Somethings-Not-Right-Decoding-Abuse/dp/1496444701/ref=asc_df_1496444701/?tag=hyprod-20&linkCode=df0&hvadid=509271538023&hvpos=&hvnetw=g&hvrnd=14940480397642387081&hvpo ne=&hvptwo=&hvqmt=&hvdev=c&hvdvcmidl=&hvlocint=&hvlocphy=9052871&hvtargid=pla-973272093724&psc=1&mcid=e70498bc76b731b0b7b8a7972e5f3aa9&gclid=CjwKCAiA5L2tBhBTEiwAdSxJX8A8cJvgQhY6wV2LDiAwJYS8G8egGoZGPRsV9deDn-LzhWIWtSSm1BoC0tUQAvD_BwE

13:08:48 From Lori Veenstra to Everyone:

His favorite verses: Gen 2:18 "It is not good that the man should be alone, I will make a HELPER for him" - to him that meant SLAVE. And when I began to confront him and involve church leadership, Matt 7:1 "judge not that you be not judged".

13:09:24 From Tracey Phillips to Everyone:

Warren Lamb, "Behind the Veil" is focused on helping pastors identify abuse. He's explains each chapter on YouTube

13:09:27 From Deah Embree to Everyone:

he couldn't believe in God any longer b/c I "wasn't showing God's love" when I started to call him out

13:09:27 From Angi Beery to Everyone:

Reacted to "Bill Gaither started..." with 🙄

13:09:29 From Jenelle Chadwick to Everyone:

Reacted to "Yes! Several books h..." with ❤️

13:09:36 From Karen Wilkinson to Everyone:

Replying to "Bill Gaither started..."

do you mean Bill Gothard?

13:09:38 From Allison Wessels to Everyone:

Reacted to "Warren Lamb, "Behind..." with ❤️

13:09:40 From Cindy Baltz-King to Everyone:

God is for the oppressed!!! He loves us so much!!

13:09:47 From Deah Embree to Everyone:

Reacted to "do you mean Bill Got..." with 👍

13:09:47 From Jenelle Chadwick to Everyone:

Reacted to "His favorite verses:..." with 🙏

13:09:48 From Karen DeArmond Gardner to Everyone:

Abusers put themselves in the place of God, so everything about God is distorted.

13:09:54 From Jennifer to Everyone:

I felt abandoned by God, and healing how I perceived God allowed me to leave

13:09:55 From Deah Embree to Everyone:

Reacted to "God is for the oppre..." with 💜

13:09:56 From Angi Beery to Everyone:

Reacted to "do you mean Bill Got..." with 👍

13:09:57 From Jenelle Chadwick to Everyone:

Reacted to "Warren Lamb, "Behind..." with 👍

13:09:57 From Deah Embree to Everyone:

Replying to "God is for the oppre..."

yes

13:09:59 From Joy Forrest to Everyone:

Reacted to "I would ask... where d..." with 👍

13:10:07 From Tricia Foster to Everyone:

Reacted to "His favorite verses:..." with 👍

13:10:08 From Deah Embree to Everyone:

Reacted to "I felt abandoned by ..." with 💜

13:10:15 From Deah Embree to Everyone:

Reacted to "Abusers put themselv..." with 💜

13:10:17 From Tina Lawson to Everyone:

Right Joy...are so entitled they think they're above the law & God 🙄

We know that nobody is above our God ❤️

13:10:26 From Deah Embree to Everyone:

Reacted to "Right Joy...A are so e..." with 

13:10:27 From Cindy Baltz-King to Everyone:


Replying to "Bill Gaither started..."

Yes!! Sorry! I try to stay away from anything he says.

13:10:32 From Cindy Baltz-King to Everyone:

Reacted to "do you mean Bill Got..." with 

13:10:37 From Tricia Foster to Everyone:

Reacted to "Abusers put themselv..." with 


13:10:44 From Martha Schuman to Everyone:

I think he just discovered early on that using scripture to manipulate or control me worked well. So he used it.


13:10:47 From Christi Douglas to Everyone:

Yes, abusers gather flying monkeys and pretend that they are the victim.

13:10:51 From Deah Embree to Everyone:

Reacted to "I think he just disc..." with 

13:10:55 From Deah Embree to Everyone:


Reacted to "Yes, abusers gather ..." with 

13:10:57 From Deah Embree to Everyone:


Replying to "Yes, abusers gather ..."

yes

13:11:00 From Cindy Baltz-King to Everyone:

Reacted to "Right Joy...A are so e..." with 

13:11:06 From Angi Beery to Everyone:

Reacted to "Yes, abusers gather ..." with 

13:11:10 From Shelly to Everyone:

Reacted to "Yes! Several books h..." with 

13:11:13 From Lori Veenstra to Everyone:

Reacted to "I think he just di..." with ❤️

13:11:52 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "His favorite verses:..."

That word is Ezer. Deut. 33:7 It refers to God as a helper (same word)

Psalm 33:20 Our soul waits for the Lord; his our help (ezer) and our shield.

13:11:54 From m m to Everyone:

Manipulated in 2 believe I was crazy. Years later, they still believe it. And are still there, kids and I r still there, He IS NOT

13:11:56 From Karen Wilkinson to Everyone:

Replying to "Bill Gaither started..."



13:12:01 From Tina Lawson to Everyone:

Yes Tabi...Ty for saying this...

Patriarchy Is rampant!!!

My WS guessed which church I went to BUT I never saw it 💔

13:12:08 From Deah Embree to Everyone:

Reacted to "Yes Tabi...Ty for sayi..." with 💜

13:12:08 From Nicole Toyne to Everyone:

Umbrellas are only for when it is raining.

13:12:12 From Kendra Thurman to Everyone:

Reacted to "That word is Ezer. D..." with 💜

13:12:16 From Cindy Baltz-King to Everyone:

The husband is not over the wife.... Only the Lord is!!

13:12:17 From Tabitha Westbrook, LMFT, LCMHC, LPC to Everyone:

Reacted to "Umbrellas are only f..." with 👍

13:12:22 From Kim Deel to Everyone:

I had a situation where every time I would leave my ex-husband, he would go to my pastor and "get saved". That happened three different times and my pastors encouraged me to go back with him. Had one pastor that said "if you are a Christian and he is a Christian, I don't know why you can't be Christians together now".

13:12:26 From Joy Forrest to Everyone:

Reacted to "Warren Lamb, "Behind..." with 👍

13:12:27 From Deah Embree to Everyone:

Reacted to "Manipulated ndn 2 be..." with 💜

13:12:32 From Cindy Baltz-King to Everyone:

Reacted to "Umbrellas are only f..." with 😂

13:12:34 From Joy Forrest to Everyone:

Reacted to "Abusers put themselv..." with 👍

13:12:35 From Tracey Phillips to Everyone:

I finished my. ACBC training and have Masters of Divinity, and my church silenced me because I filed for divorce. My professor over me said, "You do not have our blessing to counsel here. You started a wild fire by talking to people. You should have come to me."

13:12:46 From Joy Forrest to Everyone:

Reacted to "Right Joy...A are so e..." with 👍

13:12:47 From Deah Embree to Everyone:

Reacted to "I had a situation wh..." with 💜

13:12:51 From Angi Beery to Everyone:

Reacted to "I finished my. ACBC ..." with 😞

13:12:55 From Kim Deel to Everyone:

Reacted to "I finished my. ACBC ..." with 😞

13:12:59 From Joy Forrest to Everyone:

Reacted to "do you mean Bill Got..." with 👍

13:13:02 From Deah Embree to Everyone:

Reacted to "I finished my. ACBC ..." with 💜


13:13:03 From Jana Taft to Everyone:

Reacted to "Warren Lamb, "Behind..." with ❤️

13:13:13 From Jana Taft to Everyone:

Reacted to "Abusers put themselv..." with ❤️

13:13:17 From Kim Deel to Everyone:

Reacted to "I had a situation wh..." with 

13:13:19 From Kim Deel to Everyone:

Removed a  reaction from "I had a situation wh..."


13:13:19 From Lacie to Everyone:

Amen Tabitha

13:13:20 From Rebecca Noel to Everyone:

Pastors told me it's a sin to take medication and go to a therapist or counselor. Especially if the therapist is not a Christian. They only accept biblical counselors who don't even have a license. They told me I didn't have enough faith or I'm not trusting God.

13:13:21 From Joy Forrest to Everyone:

Reacted to "I finished my. ACBC ..." with 

13:13:22 From Jana Taft to Everyone:


Replying to "Abusers put themselv..."



13:13:24 From m m to Everyone:

Thought i was gonna be successful bc he was in the front row with his arms raised the highest

13:13:27 From Cindy Baltz-King to Everyone:

If we're under their umbrella...it's storming in my house.. 

13:13:30 From Cathy Sharpe to Everyone:

I am afraid to look back at my journals from when I was under abuse. I was so messed up.

13:13:36 From Nicole Toyne to Everyone:


Replying to "I finished my. ACBC ..."

Oh great, you're a fire starter. Burn up the lies.

13:13:38 From Joy Forrest to Everyone:

Reacted to "I am afraid to look ..." with 

13:13:42 From m m to Everyone:

Reacted to I used that one agai... with ""

13:13:43 From Angi Beery to Everyone:

Reacted to "Abusers put themselv..." with 

13:13:44 From Tina Lawson to Everyone:

That is Key.. "Are church leaders humble"?

13:13:47 From Skip & Lisa Wagstaffe to Everyone:

My 5 year old grandson has already told his mom that his dad is putting "spider webs in his brain." It is very sad to see.

13:13:53 From Angi Beery to Everyone:

Reacted to "That is Key.."Are ch..." with 

13:13:54 From Kendra Thurman to Everyone:

This is precisely why CTPM has a Church Partners division of the ministry!!!

13:14:00 From m m to Everyone:

Replying to ""God hates divorce""

Kept myself in bonda...


13:14:18 From KAMILLA to Everyone:

Church Partnership Form – Protect The Flock

<https://docs.google.com/forms/d/e/1FAIpQLScep8RRzTiBctzQ26oOmqwvoIM3VbfZfs5EGqPoptGaSEG4Zg/viewform>

Dan Boeck. PROTECT THE FLOCK churchpartners@calledtopeace.org

13:14:20 From Cathy Sharpe to Everyone:

Reacted to "My 5 year old grands..." with 

13:14:33 From Kendra Thurman to Everyone:

Reacted to "Church Partnership F..." with 

13:14:38 From Cindy Baltz-King to Everyone:

AMEN, Tabi!

We need to be a light shining on this abuse!

13:14:42 From Deah Embree to Everyone:

it's so encouraging to see churches starting to desire to help

13:14:42 From Tricia Foster to Everyone:

Reacted to "Church Partnership F..." with 

13:14:50 From m m to Everyone:

Have had to cut out dad and wife bc she is VERY controlling

13:14:52 From Jenelle Chadwick to Everyone:

Reacted to "Yes, abusers gather ..." with 👍

13:15:02 From Nicole Toyne to Everyone:

Its not an umbrella we should be forced under, it is the shadow of the Almighty.

13:15:06 From Deah Embree to Everyone:

Reacted to "Have had to cut out ..." with 💜

13:15:10 From Jenelle Chadwick to Everyone:

Reacted to "That word is Ezer. D..." with ❤️

13:15:19 From Cathy Sharpe to Everyone:

Replying to ""God hates divorce""

yes, me too

13:15:25 From Tracey Phillips to Everyone:

He demanded to have my husband's cell phone to talk to him and I said, "It's not safe for me to do that." I gave him Sydney Millage number, my brother, who is a pastor. I said, "Please talk to these two people first. Then you will know why it is not safe for you to talk to my husband." He agreed, but did not follow through. He said I could not counsel at church until he heard my husbands side of the story. "The first man to plead his case seems right until another comes to exam him. Proverbs. He used this verse against me.

13:15:27 From Deah Embree to Everyone:

Reacted to "Kept myself in bonda..." with 💜

13:15:31 From Deah Embree to Everyone:

Reacted to "yes, me too" with 💜

13:15:31 From Cindy Baltz-King to Everyone:

Reacted to "Its not an umbrella ..." with 🙌

13:15:32 From Teri to Everyone:

woot that is awesome JOY!!

13:15:48 From Jennifer to Everyone:

amen amen amen

13:15:50 From Jenelle Chadwick to Everyone:

Reacted to "The husband is not o..." with ❤️

13:15:54 From Deah Embree to Everyone:

Reacted to "amen amen amen" with 🙌

13:15:57 From Joy Forrest to Everyone:

Reacted to "woot that is awesome..." with ❤️

13:16:10 From Joy Forrest to Everyone:

Reacted to "He demanded to have ..." with ❤️

13:16:11 From Kendra Thurman to Everyone:

Isaiah 58:5-10

📖 Is this the kind of fast I have chosen, only a day for people to humble themselves? Is it only for bowing one's head like a reed and for lying in sackcloth and ashes? Is that what you call a fast, a day acceptable to the LORD?

13:16:11 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Humility is key! Joy's voice is very important here. She is humble and so is Christ. They are not the same but Joy is following in Jesus in humility.

13:16:16 From Joy Forrest to Everyone:

Reacted to "Humility is key! Joy..." with 👍

13:16:17 From Tracey Phillips to Everyone:

Reacted to "He demanded to have ..." with ❤️

13:16:18 From Cindy Baltz-King to Everyone:

Yes!! In a nutshell...

GOD HATES ABUSE!!

13:16:22 From Rose to Everyone:

Reacted to "Humility is key! Joy..." with 👍

13:16:24 From Deah Embree to Everyone:

Reacted to "Pastors told me it's..." with 💜

13:16:25 From Angi Beery to Everyone:

Reacted to "Humility is key! Joy..." with 🙌

13:16:31 From Kendra Thurman to Everyone:

Replying to "Isaiah 58:5-10

🔗 Is ..."

"Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter— when you see the naked, to clothe them, and not to turn away from your own flesh and blood? Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the LORD will be your rear guard. Then you will call, and the LORD will answer; you will cry for help, and he will say: Here am I.

13:16:34 From Rebecca Noel to Everyone:

Tight now, I don't go to any church. Because they are supporting victims of domestic violence and they are misogynistic towards women. They are not safe. I will not sit under a male pastor again. All the pastors I had severely abused me. I know of more churches who support abusers than not here in the south. I repent of and no longer support patriarchy.

13:16:35 From Jenelle Chadwick to Everyone:

Reacted to "Pastors told me it's..." with 🙏

13:16:39 From Sandy Skylar to Everyone:

Thank you

13:16:40 From Lacie to Everyone:

Thank you

13:16:40 From Deborah Stahl Waters to Everyone:

Soo Good Ladies! Tku so much for educating us...empowering us & in so doing it helps others

13:16:41 From Cindy Baltz-King to Everyone:

THANK YOU!!

13:16:45 From Kendra Thurman to Everyone:

Replying to "Isaiah 58:5-10

🔗 Is ..."

"If you do away with the yoke of oppression, with the pointing finger and malicious talk, and if you spend yourselves in behalf of the hungry and

satisfy the needs of the oppressed, then your light will rise in the darkness,
and your night will become like the noonday.

13:16:47 From Simone Diana-Arellano to Everyone:

Thank you

13:16:50 From Rebecca Noel to Everyone:

Thank you.

13:16:52 From Deah Embree to Everyone:

Thank you