



PTSD and Domestic Violence

Post-traumatic stress disorder (PTSD) is not something that only combat soldiers experience. By definition, PTSD is a disorder that develops in some people who have experienced a shocking, scary, or dangerous event. Researchers have found a direct link between domestic violence and PTSD. It is estimated that 21 percent of people in serious relationships will engage in some type of violent act aimed at an intimate partner. Relationship violence has also been linked to individuals who have experienced certain traumatic events as children. Separate from PTSD, those who have experienced physical abuse, sexual abuse, or emotional neglect as children may be more abusive as compared to those who weren't subjected to an adverse childhood experience. The connection between PTSD and domestic violence has been found in both men and women.

"PTSD: It's not the person refusing to let go of the past, but the past refusing to let go of the person." — Unknown

Imagine you are a domestic violence survivor, it's been months since you left your abuser and started over. Daily, you wonder why you feel like you do. You are no longer dealing with the abuse 24/7 but you still feel like you are losing your mind. You notice fear rises when you spot a car like your abuser's and you instantly recall the time you were left on the side of the road in the middle of nowhere, tears streaming down your face, the taste of blood in your mouth from the punch to your face, anxiety sets in and an overwhelming sense of hopelessness takes over your whole body. You begin to panic and are unable to function. This is PTSD! Many women and men who have experienced domestic violence or have been in an abusive relationships suffer from PTSD. This can last for years after the abuse. Sometimes the severity diminishes over time but what do you do until that time. Being unfamiliar about PTSD, can make a survivor feel like they are going crazy. It is crucial to be aware of the effects of trauma and whether the trauma is physical, emotional, psychological, or sexual. Being aware of PTSD is the first step towards healing from the trauma that you have been through. You are not alone!

PTSD Symptoms

Nightmares	Lack of feelings
Guilt	Insomnia
Poor Judgment	Poor concentration
Intrusive Memories	Hopelessness
Poor Memory	Poor self-esteem
Survivor Guilt	Negative self-image
Flashbacks	Apathy
Startle reflex	Mistrust
Hypervigilance	Isolation
Irritability	Avoidance
Anger and rage	Excessive blame
Self-destructive	Dissociation

PTSD Screen

Sometimes things happen to people that are unusually or especially frightening, horrible, or traumatic. For example, a serious accident or fire, a physical or sexual assault or abuse, an earthquake or flood, a war, seeing someone be killed or seriously injured, or having a loved one die through homicide or suicide.

Have you ever experienced this kind of event? Yes or No

If yes, please answer the questions below. In the past month, have you:

- Had nightmares about the event(s) or thought about the event(s) when you didn't want to?
- Tried hard not to think about the event(s) or went out of your way to avoid situations that reminded you of the event(s)?
- Been constantly on guard, watchful, or easily startled?
- Felt numb or detached from people, activities, or your surroundings?
- Felt guilty or unable to stop blaming yourself or others for the event(s) or any problems the event(s) may have caused?

If you answered **"yes" to 3 or more of these questions, talk to a mental health care provider** to learn more about PTSD and PTSD treatment.

Answering "yes" to 3 or more questions does not mean you have PTSD. Only a mental health care provider can tell you for sure.

EVENTS

1. **Bounce Back to School, Saturday, 7/27/19 @1pm**
2. **Volley Against Violence, Saturday 8/31/19 @12pm**
3. **Toss Out Violence Saturday, 8/31/19 @12pm**

For more information on these events, see our Facebook page or contact **Kaylea Reader** at **740-947-1611**