

POSSIBLE EFFECTS OF DOMESTIC VIOLENCE

Responses to trauma of domestic violence vary from person to person. Every individual is unique. You may or may not recognize some of the things listed below, nor is it a completed list. Previous (childhood) trauma, the length and severity of the abuse are some factors that influence the overall impact. Some of the effects of domestic violence can linger long after the abuse is over. Recognizing how the abuse has impacted you is an important step in healing.

EMOTIONAL

- **Depression – feeling hopeless and helpless or emotionally numb**
- **Anxiety attacks**
- **Low self esteem**
- **Grief for family and personal losses**
- **Shame, guilt or self-blame**
- **Fear of the abuser or living without the abuser**
- **Confusion and trouble concentrating**
- **Anger**

SOCIAL

- **Isolation from friends or relatives**
- **Difficulty in trusting others**
- **Stormy relationships**
- **Breakup of the family unit**
- **Impact on relationship with children**
- **Court disagreements regarding separation, divorce or custody of children**
- **Seeking out new relationships to deal with overwhelming feelings of loneliness**
- **Loss of employment or inability to complete education**
- **Negative impact on finances, housing etc**

BEHAVIORAL

- **Withdrawal**
- **Flashbacks and/or nightmares**
- **Avoidance of situations reminding the individual of the abuse**
- **Mood swings and difficulty controlling emotions**
- **Difficulty in obtaining, maintaining and adjusting to employment**
- **Jumpiness or agitation**
- **Self-medication – attempts to cope with or numb feelings with drugs or alcohol**

PHYSICAL

- **Sleep deprivation**
- **Somatic, or stomach, complaints, headaches**
- **Nervousness/Anxiety**
- **Chronic health problems**
- **Related problems to substance misuse**
- **Injuries or death resulting from physical abuse**

ARE THERE OTHER EFFECTS THAT YOU EXPERIENCED THAT ARE NOT LISTED?