

YOUR SAFETY AND EMOTIONAL HEALTH

- A. If you have to communicate with former partner, determine the safest way to do it.
- B. Begin to have positive thoughts and practice assertiveness skills with others about your needs.
- C. Read books, articles, or listen to tapes to begin to feel strong again (check your local library & McLeod Alliance office library).
- D. Decide who you can talk openly with to give you the support you need away from the children.
- E. Plan to attend domestic violence support groups, counseling, independent living skills groups for at least a couple weeks to gain support from others. Learn about yourself and the relationship.
- F. If you are thinking about or have returned to your abusive partner, create a new *Personalized Safety Plan*.