

SPECIAL POINTS OF INTEREST:

- **NEGATIVE POWER**
- **EXAMPLES OF ABUSE**
- **HELP AND SUPPORT THROUGH SPIRITUAL ENCOUNTERS AND LIFE SKILLS CLASSES**

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RELATIONSHIPS : POWER AND CONTROL

Relationships between husbands and wives, those who live together, parent and children, and friends and siblings can be very positive or it can be extremely negative. As humans we decide what our relationships can be and what they are. We are 100% in charge of our own actions, feelings, thoughts, responses, and influence on others be it positive or negative.

Everyday I am able to talk with people all over the USA via the telephone. These are people who have children and/or they are parents to be. It is amazing how much I learn in one conversation with people I do not know.

These parents have gone out to a specific website to either try to win something for themselves or their children. The higher per-

centage of the people are either unemployed or have lower than average incomes. However, there is a smaller percentage that has above average income. In almost every case with lower incomes the parents are not married, frustrated with each other, nasty to each other and me on the phone, and some have chosen not to stay together. In almost every case the parents are blaming the other one for their

We have all heard saying some-abuse the ones that they love". And I witness daily that people with anger issues and emotional issues do not care who they negatively affect.



In a Life Skills International class we have learned that people who exercise negative "power and control" over others have had one or more of the following issues in their childhood: Rejection, Incest, Sexual Molestation, Physical Abuse, and/or Emotional Abuse. Hence their ability to bond with others, have high self esteem, healthy sexuality, and control anger is very difficult for them. So they are all about "power and control" of others. Power denies others their basic rights, use the law or policy to enforce his/her power, deprives the other person of a private and personal life, controls everything from the amount of bath water one uses to how much money they spend, to who they are allowed to talk to.

DO YOU NEED TO ATTEND A LIFE SKILLS CLASS?

In this newsletter we give a few examples of abuse of power and control. If you see yourself in the way that you deal with others or if you are a victim of this type control in your current relationships then you may want to reach out to get spiritual counseling or attend a life skills

class near you. Every month we will give a few more examples.

STALKING

Most people do not realize that they spouses and significant others actually stalk them. This happen when someone is extremely jealous or lacks trust in

the other person. They spy on them, check their car after it has been used, follow them to church, store, club, work, etc. Call them very often to see where they are and what they are doing. They will even call your friends, family, co-workers to locate you (no private time).

Abusive Behaviors Portrayed as Love



Does your mate, friend, co-worker, parents, etc totally frustrate you with every visit?

*He threatens to kill himself,
She threatens to talk to your children and say bad things about you,
He never gives you enough money to do what needs to be done so you will have to come back and ask for money.
She allows you to be embarrassed by not having enough money in front of others.*

Isolation

This person controls everything the other does, who they are allowed to see, who they can talk to, restricts outside interests, moves around frequently, listens in on phone calls, sabotages the other person relationships and material items, restricts access to the mail, keeps them from their friends, family, and from meeting other people. And, this person tends to limit phone calls and any other communi-

cations with others. As well, this person blames the other for everything that goes wrong.

Financial

Ruins the other person's credit, puts cars, houses, everything in their name only, and uses up the person credit or savings to make the other totally dependent upon them.

Intimidation

Argues continuously, demands that the other person says

what he/she wants to hear,. Looks, actions, gestures, and voice are used to cause fear in the other person.

Humiliation

Sarcastic remarks, hostile humor, public humiliation, criticizes and degrades the person's appearance, forces one to eat food they do not want, and make fun of persons job or contributions. Any job or thing is ok for the other person ; however, it is not ok for the controlling person.

More Examples of Abusive Behavior

Threats

Threatens to end the relationship, commit suicide, encourages the person to do something unlawful or against their morals) then says they will report them, and will force them to break the law to hold them hostage by their actions. Some will even threaten to kill the other person, harm their children, speak to their friends

family and even threaten to talk to others that their mate respects.

Emotional

One person plays mind games, mental coercion, calls the person derogatory names, extreme controlling behaviors, with holds affection, causes the other person to lose their identity, and puts the other person down constantly.

Economic

The person restricts the others employment, restrict their desire to go to school, takes the money that the other person earns, requires the person to account for every penny, given an allowance that is never enough for the person to get anything or all that is needed to be done, and makes the person ask for money.

Abuses That May Be More Noticeable

Sexual

Demands bizarre sexual acts,, unwanted , physical violence, cutting or damaging mates body parts, interrupts partner's sleep, forces sex, invite others to participate, and makes the partner totally uncomfortable with requests.

Verbal

Accuses the person, name callings, uses the past to control the person, loud, uses profanity, mental blackmail, unreasonable demands on the person when it is clear what the person should be doing is something else, and manipu-

lates to get what they want.

Male /Female Privilege

Treats person like a servant, not equal to her/him, makes all the decisions, must go where he/she wants to go, acts like the Master/Mistress of castle.

Nothing is ever good enough unless he/she does it.

What Do You Do When You Realize That You Are the Abuser or You are Being Abused?



When people are abusers many times it starts from bad experiences that they had as a child and they have not gotten over this. So they are somewhat stuck at the emotional place the bad thing hap-

To let go is to fear less and love more.

pen to them. So which are you: the abuser or the one being abused?

There are more types of abuse and we will cover that in next month issue.

Abusers like to blame everything on everyone else. That way they are not responsible for anything.

If you feel you are an abuser or a victim of an abuser then seek coun-

seling spiritually and emotionally with a life's skill class within your area or with a "spiritual encounter" in your area.

Many people push it under the rug for years and it only gets worst and sometimes people are badly hurt. Some people try to damage others so badly that they will not try a relationship with someone else, and no one will be able to get close to them. If people are threatening you with physical violence or themselves then you alert the police department.

You are responsible for you getting well and moving forward. You are not responsible for the other persons getting help.

Questions to Ask Yourself About Your Relationship

- 1) Have you noticed any of the abusive behavior in your relationships?
- 2) Are your very valuable items destroyed by the other person when you have a disagreement?
- 3) Does the other person put you down or is very sarcastic?
- 4) Do you feel there has to be a winner or loser in your conversations.
- 5) Do you see a long term relationship are is that thought about the relationship disturbing?
- 6) Are you still interested in meeting other people?
- 7) Does your partner or friend misunderstand most things that you say?
- 8) Does the person think negatively about every thing that you talk about or say to him/her?
- 9) Have you met the family of the person?
- 10) Do they have good memories of their childhood?
- 11) Are they easily insulted?

Positive Confessions To Speak Over Your Life Daily

- 1) I can forget the past Phil 3:13
- 2) I am loved with an everlasting love Jer 31:3
- 3) I am healed by the wounds of Jesus I Peter 2:24
- 4) I have a guaranteed inheritance Eph. 1:14
- 5) I have peace with God Rom 5:1
- 6) I am free John 8:36
- 7) I am loved by Christ Rev 1:5
- 8) I must let go and that does not mean I stop caring. It simply means I can not do it for someone else
- 9) I let go and make me better and not try to blame or change someone else.
- 10) I let go and allow others to arrange and affect their own future.
- 11) I let go not to deny that there is a problem but to accept that there is a problem.
- 12) I let go not regretting the past but moving toward the future.



You are 100% responsible for you being happy or sad. You are 100% responsible for your thoughts.



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Our newsletter this month focused on relationships information. We believe in building relationships and doing team work. However, we do realize that not all relationships are healthy. As well, not all relationships allow us to become who we need to become.

If you have benefited from any of the information please give us feedback on our “guest page” or our “forum” page at www.GroomingLeaders.Org

We appreciate you!

Editor in Chief: Shirley F. Smith

“Think Global”



When is the last time that you volunteered? We need you!

Do you sing?

Do you dance?

Would you like to participate in one of our fundraiser “Talent Contest”?

Calling all Praise and/or Worship Teams! We need you!

You can send a short video to us at the address above.

Or call us at 770-914-6644.

Or sign up on our website:
WWW.GroomingLeaders.Org

Are you a member of a Fraternity or Sorority?

Is your fraternity or sorority willing to sponsor a fundraising event to support young adult leadership programs?

Some of Our Program Offerings:

- International Travel
- Career Development
- Life Skills
- Housing Counseling
- HIV/AIDS & STD Avoidance
- Self-Esteem
- International Affair Summit

We need Corporate Sponsors

for our International Affair Summit

Sponsor Opportunities:

- Corporation Booths displaying their technology
- International Food Vendors
- Entertainers and Speakers
- Giveaways for the Community Attendance
- Arts and crafts for small youth
- Rental of canopies and chairs