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actions you can take  
against personal violence:

1. If you see/hear violence, call 911. When it is safe to do so, record what you witnessed.
2. If you are having thoughts of suicide, dial or text 988 to speak to a counselor.
3. Know the number of the domestic violence hotline, (888) 799-7233, or text START to 88788, and keep this info in your phone to send to someone who needs it.
4. See a therapist and tell your friends and family that you do so. Normalize mental healthcare. Interface Referral Service can help you find a provider: 888-244-6843.
5. If possible, establish a relationship with a primary care provider. A doctor/NP who knows you over the years is more likely to spot signs of abuse or a change in your mental health.
6. Can't afford a therapist? Ask a clergy person for a referral to a free counseling service.
7. See a marriage/couples counselor who specializes in family systems therapy. Good relationships are worth investing in.
8. Reduce the stigma—if you have experienced violence and feel safe talking about it now, then talk about it. There is no shame in having survived.
9. Teach children ways of dealing with anger. A good children's book resource: *What to Do When Your Temper Flares* by Dawn Huebner and Bonnie Matthews.
10. If you have firearms at home ensure they are stored safely.
11. Are you consuming media that glorifies violence? Especially when children are watching, find a show or movie that celebrates resilience, caring, and community.
12. Moderate your alcohol consumption. Have a dry day, and see how it feels. AA and Al-Anon are great resources for those experiencing substance abuse issues in their families.
13. Ask a friend who is talking about "problems" or a "hard time" at home, "do you feel safe?"
14. Make a general post on your social media account to let everyone who sees it know that they can call you in confidence if they ever feel unsafe. You may not know who needs to know you'll be there for them.
15. One in four men has experienced intimate partner violence of some kind in their lifetime. Do not discount the men in your life when you are watching out for your loved ones.
16. If someone discloses to you that they were a victim of violence, let them know immediately that you believe them and that you will support them. Ask them what you could do that would be most helpful.
17. Check in with new parents. Offer babysitting time so they can get out and have some relief. And if someone offers you help, say yes!
18. Consider the option of keeping your financial independence when you are in a romantic relationship/marriage. If you decide to combine finances, ensure both names are on accounts, and that both members of the relationship establish credit.
19. Know the warning signs of an abusive relationship: your partner pressures and controls you, has a history of abuse in previous relationships, has a lot of anger and a violent temper, is cruel to animals and children, jealously monitors your whereabouts, activities, and spending, treats you well in front of others but not when you are alone together.
20. Protect people from bullying by sitting with someone who looks lonely at lunchtime, or walking with them to class.
21. Is a friend/family member going to be walking alone after dark? Call them and be their phone buddy until they get to their destination.
22. Place this list in your workplace bathroom.

23. Donate to a women's organization/shelter, such as Rosie's Place, [www.rosiesplace.org](http://www.rosiesplace.org), or Dove, [www.dovema.org](http://www.dovema.org).
24. Consider volunteering with the Samaritans to talk with people in crisis.
25. Know that mental illness happens in all families, and all socio-economic groups. 1 in 5 U.S. adults live with a mental illness.
26. Ask someone who has become withdrawn and depressed if they have been thinking about suicide. You will not be putting this thought in their head.
27. If someone tells you they have thoughts of suicide, as them if they have a specific plan. If they do, get help immediately.
28. Support our first responders, active military, and veterans on whom violence takes a toll. Give to programs that provide therapeutic assistance and outlets.
29. Many people who are incarcerated have been victims of abuse. Education is power. Next time your alma mater contacts you for a donation, ask them if they have a college-behind-bars program. Federal Pell Grants for inmates are being restored this year, after a 30-year absence.
30. Children living in poverty are at higher risk for abuse and neglect. Consider donating to an organization that supports children, such as UNICEF.
31. Refrain from using violence in your own mind—how do you speak to yourself? Is there condemnation? Rejection? Anger? See if you can spend a day without it, in your internal language.
32. When you are calm, develop a simple plan with a technique that works for you, for when you feel overwhelmed and as soon as you notice your feelings getting out of control, engage the plan—do not stop to think or react, just start the protocol! For example—you're tensing up, starting a negative thought loop, making a fist, reaching for a drink—immediately go outside to walk and pray/use a dammit doll/take a selfie and look at it/call a friend or sponsor/start a breathing exercise, whatever your plan is, it will be better than the anger response. Avoid putting into your plan things that could be dangerous, such as driving.
33. Likewise, when you are safe, develop a plan for when you feel in danger, and engage the plan when you notice threatening situations—have an alarm on your keychain/call 911/stay aware of exits and leave the area. Do not wait to see if things escalate—get out and get help!
34. Do something that makes you feel strong in a good way—go for a run, or a hike, or a bike ride, or attend an exercise class. Be grateful for what your body can do.
35. Consider taking a self-defense course that will help you develop resources for protecting yourself and others.
36. Do something that cares for your body—get outside, take a nap, or a bath, or eat a good meal. Be grateful for your physical self. Tell yourself you are worthy of care—it's true!
37. Try a nightly reflection on the day: what brought out anger in you? And what made you feel peaceful? Set an intention to be aware of the things that cause you to react with your fight or flight response, and avoid them if possible. And remember to do those things that bring you a sense of safety and serenity.
38. Stay connected! Join a community group, visit your local Senior Center, be part of a faith community, make the effort to stay in touch with friends. We are stronger together.
39. Know that you do not deserve to be hurt or harmed. It is not your fault. You are worthy of help.
40. Share this list with others.

This list is offered to our community by the Cohasset Clergy Association.