



## **Abused Spouse Self-Statements**

- I am not to blame for being beaten and abused.
- I am not the cause of another person's violent behavior.
- I do not have to take it.
- I deserve to be treated with respect.
- I do have power over my own life.
- I can use my power to take good care of myself.
- I can make changes in my life if I want to.
- I am not alone. I can ask others to help me.
- I deserve to make my own life safe and happy.