

THINGS TO DO

To Survive An Emotionally Abusive Relationship

The "3 C's" Rule- a mantra for abuse victims that says: "I didn't cause it, I can't cure it and I can't control it."

The 51% Rule- we need to consider our own needs just a little more than those of others.

The 50% Rule- we are responsible for 50% of the things that happen in any relationship.

Boundaries- guidelines, rules or limits that a person creates to establish emotional and physical safety.

Get Support- find people who understand personality disorders and who can give you the support you need.

The Clean Up Rule- says that everybody gets to clean up their own messes.

Grey Rock Detachment (AKA Stonewalling)- a method of becoming outwardly boring, plain, and uninteresting to try for safe detachment from another

Documentation- keeping written logs, screenshots, voicemail, emails of any and all abusive behavior from another.

Medium Chill- disengaging emotionally and giving neutral responses to what someone does or says.

My Stuff, Your Stuff- a thought technique of reminding yourself to separate what is really your responsibility, your concern and under your control

No Contact- cutting off all forms of correspondence, communication and personal contact with another.