



Conversations Over Coffee



Resources

Here are some websites and organizations that provide free assistance and resources for women in abusive relationships:

1. The National Domestic Violence Hotline:

- **Website: The National Domestic Violence Hotline**
- **They offer a 24/7 hotline, live chat, and a vast array of resources and support for those affected by domestic violence.**

2. Love Is Respect:

- **Website: Love Is Respect**
- **They focus on teen dating violence and offer information, support, and a 24/7 chatline.**

3. RAINN (Rape, Abuse & Incest National Network):

- **Website: RAINN**
- **While they primarily focus on sexual assault, they provide a wealth of resources and a 24/7 hotline for survivors of abuse.**

4. WomensLaw.org:

- **Website: WomensLaw.org**
- **This resource provides state-specific legal information and resources for domestic violence survivors.**

5. Safe Horizon:

- **Website: Safe Horizon**
- **They offer assistance to victims of domestic violence, child abuse, sexual assault, and more.**



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Resources Con't

- **DomesticShelters.org:**
 - **Website: [DomesticShelters.org](https://www.DomesticShelters.org)**
 - **They provide a directory of domestic violence shelters and support services searchable by location.**
- **Break the Cycle:**
 - **Website: [Break the Cycle](https://www.BreaktheCycle.org)**
 - **This organization focuses on preventing and ending dating abuse among young people.**
- **National Network to End Domestic Violence (NNEDV):**
 - **Website: [NNEDV](https://www.NNEDV.org)**
 - **They work to improve the laws, policies, and practices to help survivors and advocate for their rights.**



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Recognizing Toxic Relationship Patterns

These journal questions are designed to promote self-reflection, self-awareness, and personal growth.

1 Have you ever been in a relationship where you felt consistently unhappy or controlled? Reflect on the emotions you experienced during that time.

2 After listening to the episode, how would you personally define a toxic relationship? What elements or behaviors stand out to you?

3 Consider your current or past relationships. Can you identify any common signs of toxicity that were discussed in the episode? What actions or behaviors raised red flags for you?

4 How do you typically react when faced with emotional manipulation or control in a relationship? Do you recognize these signs in the early stages, or does it take time?

5 Reflect on the impact of a toxic relationship on your mental health. Have you ever experienced feelings of depression, anxiety, or low self-esteem due to such a relationship?

6 Were there any personal testimonies shared in the episode that resonated with your own experiences or emotions? How did hearing those stories make you feel?

7 What steps have you taken or would you take to break free from a toxic relationship pattern? Are there strategies mentioned in the episode that you find particularly helpful?



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Cont' Recognizing Toxic Relationship Patterns

8

In your opinion, how important is open communication in preventing a relationship from becoming toxic? How comfortable are you with expressing your feelings in your relationships?

9

Consider your circle of friends and family. How important is it to have a supportive community when dealing with toxic relationship patterns? How can you cultivate and strengthen that support system?

10

As you journal about these questions, are there any insights or realizations that stand out to you? Are there specific actions you feel compelled to take or changes you want to make in your relationships?

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