



If you are confused or troubled by what you are experiencing in your relationship, you should talk with a professional counselor (all services are free) in order to get clarity and help you make a decision about next steps. Find professional assistance by calling the National Domestic Violence Hotline, 800-799-7233.

There you can chat with a service provider and find the domestic violence services nearest you. If you are in immediate danger, call 911.

Excerpt from the booklet, *You Are Not Alone, God Is With You* available from ACDVO, email [cdahm13@gmail.com](mailto:cdahm13@gmail.com)

[www.domesticviolenceoutreach.org](http://www.domesticviolenceoutreach.org)



DOMESTIC VIOLENCE OUTREACH  
— ARCHDIOCESE of CHICAGO —  
AWARENESS · SERVICES · PREVENTION



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Todos nos equivocamos, pero podemos aprender de nuestros errores en vez de solamente lamentarlos. A veces, nuestra vida cambia por un accidente serio, una mala decisión o una enfermedad. Experimentamos estos retos porque somos humanos y seres imperfectos. Dios no nos envía el sufrimiento; más bien Jesús nos dijo: "He venido para que ustedes tengan vida y que la tengan en abundancia." (Juan 10:10)

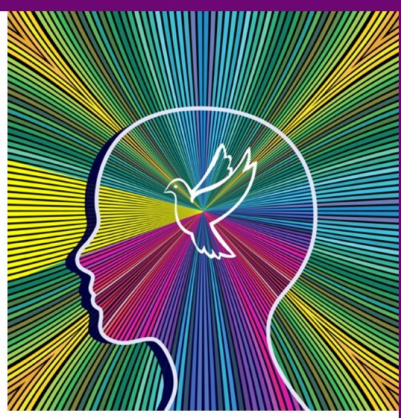
Puede encontrar ayuda profesional, llamando a la Línea Nacional de Violencia Doméstica, 800-799-7233. Si usted está en peligro inmediato, llame a 911.



Spirituality is the way we view the relationships we have with ourselves, other people, situations in our lives, and with God. We all have a spirituality, but it can change and develop over time. Our view of ourselves, others and God grow and develop from childhood to adulthood and often after a crisis.

Intimate partner violence breaks tender relationships and can turn us away from ourselves, our relationship with others and with God. Some people think they'll never trust another person. Hearing the abusive criticisms again and again until one doubts herself. "Am I crazy like he says I am?" "Am I such an awful person?" He calls me "stupid" and "incompetent."

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En tiempo de crisis, la mayoría de personas se siente agobiada por distintas emociones: confusión, miedo, desilusión, enojo, culpa, vergüenza, dudas, depresión, desesperación, ansiedad y más.

Cuando la crisis incluye abuso (emocional, verbal, físico, económico o sexual) la víctima por lo común se siente completamente sola.

Muchas veces las víctimas tienen temor o vergüenza de hablar con alguien; están convencidas de que nadie les va a entender. No solo se sienten solas; también piensan que Dios las ha abandonado. Pero, Dios está contigo para ofrecer fuerza y orientación.

Encuentra asistencia profesional llamando a la Línea Nacional de Violencia Doméstica 800-799-7233.

Allí puedes platicar con una persona profesional y encontrar los servicios para víctimas más cerca de ti. Si estás en peligro inmediato, llama a 911.





Frequently those who suffer abuse, whether as a child or an adult, feel guilty or responsible for the abuse, and, consequently, may even feel shame and embarrassment. But we know that victims of abuse are not responsible for the abuse they have experienced. They did not cause the relationship to fail, but the attitude and behavior of their partners did.

If you need to heal, find professional assistance by calling the National Domestic Violence Hotline, 800-799-7233. Chat with a service provider and find the domestic violence services nearest you.

If you are in immediate danger, call 911.

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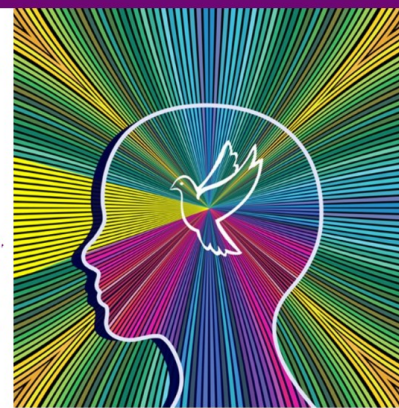


DOMESTIC VIOLENCE OUTREACH  
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 DOMESTIC VIOLENCE  
AWARENESS MONTH

La espiritualidad es una manera por la cual vemos las relaciones que tenemos con nosotros mismos, con otras personas, con las situaciones en nuestras vidas y con el mundo en nuestro alrededor y con Dios. Todos tenemos una espiritualidad que se puede cambiar y desarrollar con tiempo. Nuestra visión de nosotros mismos, de otras personas y de Dios se cambia de nuestra niñez a nuestra madurez como adultos y aun después de una crisis.

Nos beneficia mucho reconocer nuestra espiritualidad y seguir maneras de fortalecerla. Es importante reflexionar sobre cómo nos entendemos, cómo nos relacionamos con otras personas y el mundo, y cómo pensamos en Dios y nos conectamos con Dios.



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 DOMESTIC VIOLENCE  
AWARENESS MONTH



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Many victims or survivors of domestic violence ask:

"What did I do wrong?"

Why is my marriage not working?

I'm afraid for my children.

Why does God not answer my prayers?

I have no one who understands or who will help me.

If I am more patient and understanding, things might work out. But I have done all that and nothing changes.

Maybe I just need to try harder."

If you have had these thoughts, you are not alone.  
Find professional assistance by calling the National Domestic  
Violence Hotline, 800-799-7233.

Chat with a NDVH service provider and find the domestic  
violence services nearest you.

If you are in immediate danger, call 911.

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 DOMESTIC VIOLENCE  
AWARENESS MONTH

Tal vez, piensas que tú eres responsable por la disolución del matrimonio o de la relación. Pero, la persona abusada nunca tiene la culpa. Los obispos católicos de los Estados Unidos declaran en su carta pastoral, *Cuando Pido Ayuda*, "Enfatizamos que no se debe esperar que una persona se quede en un matrimonio abusivo." (Se puede encontrar la carta en el internet.) Debes de felicitarte por tu valor si dejas al abusivo. La persona que destruye el matrimonio es la persona que abusa.

Puede encontrar ayuda profesional, llamando a la Línea Nacional de Violencia Doméstica, 800-799-7233. Si usted está en peligro inmediato, llame a 911.



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Sometimes our life is changed by a serious accident, a bad choice or sickness. Sometimes we make mistakes, but we can all learn from our mistakes and not just regret or mourn them. We experience these challenges because we are human and imperfect beings.

God wants us healthy, experiencing love and peace and free from suffering.

Jesus told us, "I came that they may have life and have it abundantly." (John 10:10)

If you are experiencing problems, especially abuse, in your relationship, talk to a professional counselor.

Find professional assistance by calling the National Domestic Violence Hotline, 800-799-7233. Chat with a service provider and find the domestic violence services nearest you. If you are in immediate danger, call 911.



DOMESTIC VIOLENCE  
AWARENESS MONTH



Si estás confundida o preocupada por lo que estas experimentando en su relación, debes hablar con una consejera profesional (todos los servicios son gratuitos) para conseguir claridad y ayuda para hacer una decisión sobre los próximos pasos.

Encuentra asistencia profesional llamando a la Línea Nacional de Violencia Doméstica 800-799-7233.

Allí puedes platicar con una persona profesional y encontrar los servicios para victimas más cerca de ti.

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In a time of crisis, most people feel overwhelmed by many emotions: confusion, fear, anger, guilt, shame, doubt, depression, hopelessness, anxiety and more. When the crisis involves abuse (physical, emotional, verbal, financial or sexual) the victim usually feels completely alone.

Often victims are afraid or embarrassed to tell anyone; they fear no one will understand. They may think God has abandoned them. But God is there to offer strength and guidance.

Find professional assistance by calling the National Domestic Violence Hotline, 800-799-7233. Chat with a service provider and find the domestic violence services nearest you. If you are in immediate danger, call 911.



DOMESTIC VIOLENCE  
AWARENESS MONTH

Dios no es un juez cruel interesado en castigarte sino es un Dios infinitamente misericordioso. Tu puedes pensar que has cometido un pecado o has hecho algo malo y por eso no mereces el amor de Dios; te sientes culpable y avergonzada. Pero eso no es la verdad. Jesús nos mostró que no hay un pecado que Dios no perdone. Nos quiere mucho; te quiere a ti. Dios quiere que tengas paz contigo misma. Acuérdate: Dios está contigo en el momento actual, ahora, en este momento. El pasado no está ocurriendo más; el futuro no existe todavía. Dios está contigo ahora. Tú eres una hija de Dios.

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God is not a cruel judge interested in punishing us but a God of infinite mercy. You may think you have done wrong, committed sin or are unworthy of God's love and feel guilty and ashamed. But that is not true. Jesus showed us there is no sin God will not forgive. God loves us; God loves you. God wants you to experience the divine, personal love for you. Remember: God is with you in the here and now, in the present moment. The past is not happening anymore, and the future doesn't exist yet. You are a beloved child of God.

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 DOMESTIC VIOLENCE  
AWARENESS MONTH



Frecuentemente los que sufren abuso, sea niño o adulto, se sienten culpables o responsables por el abuso, y, por eso, pueden sentirse avergonzados. Pero sabemos que las víctimas de abuso no son responsables por el abuso que han experimentado. Ellas no son la causa del fracaso de la relación; es la actitud y la conducta abusiva de sus parejas.

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Sometimes, victims of domestic abuse think they are responsible for breaking up the marriage. But the abused person is never at fault. The United States Catholic bishops state in their pastoral letter, *When I Call For Help*, "We emphasize that no one is expected to stay in an abusive marriage." (Google: *When I Call for Help*.) The Catholic Church does not want anyone to stay in an abusive relationship. Victims are to be congratulated for their courage if they leave it. The one who breaks up a marriage is the one who perpetrates the abuse.



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Muchas personas sobre vivientes de violencia doméstica preguntan:  
"¿Qué hice mal? ¿Por qué mi matrimonio no está funcionando?  
Tengo miedo por mis hijos.  
¿Por qué Dios no contesta a mis oraciones?  
No tengo a nadie que me entienda o que me puede ayudar.  
Tal vez, si pongo más empeño, si soy más paciente y comprensiva,  
la situación cambiará. Sin embargo;  
yo si he tratado todo esto y nada ha cambiado."

Si tú has tenido estos pensamientos u otras ideas o sentimientos problemáticos, queremos hacerte saber que no estás sola. Puede encontrar ayuda profesional, llamando a la Línea Nacional de Violencia Doméstica, 800-799-7233. Si usted está en peligro inmediato, llame a 911.



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