

Spiritual Well-being Examples:



Discovering one's purpose in life



Meditating and praying



Volunteering and serving



Acts of kindness

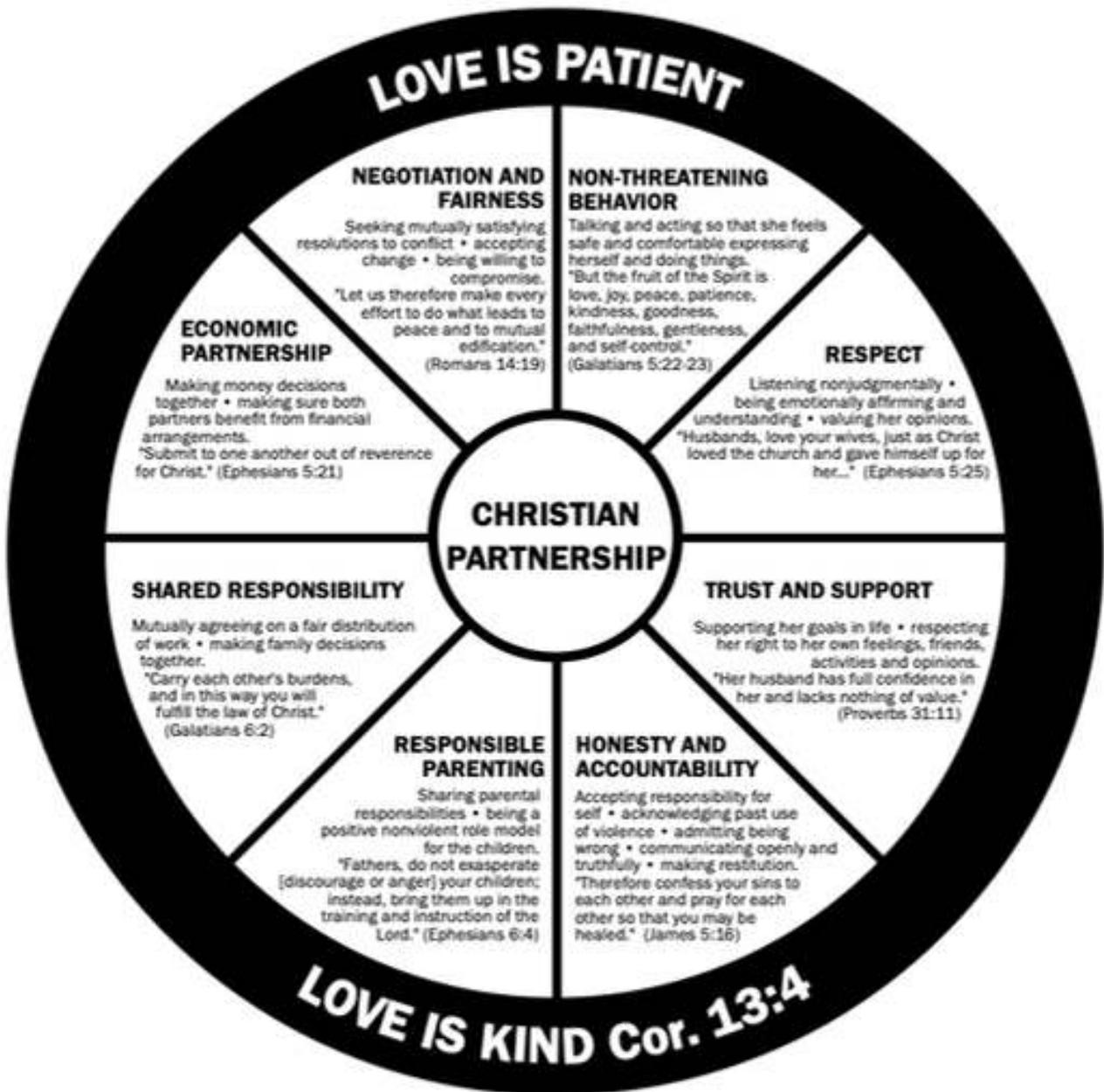


Practising gratitude

SOME COMMON SIGNS OF SPIRITUAL ABUSE ARE:

- physical assault
- threats
- isolating
- humiliating
- demeaning or insulting
- monitoring activities
- controlling finances
- manipulating
- blaming and using guilt
- jealousy
- denying basic needs like healthcare, food, or sleep

Retrieved 9.7.2025 <https://psychcentral.com/health/spiritual-abuse#signs>



Building Nonviolence with Christian Men
 CHANGING MEN, CHANGING LIVES
 A Supplement to
 Creating a Process of Change for Men Who Batter:
 The Duluth Curriculum

DOMESTIC ABUSE INTERVENTION PROGRAMS
 202 East Superior Street
 Duluth, Minnesota 55802
 218-722-2781
 www.TheDuluthModel.org

<https://www.theduluthmodel.org/wp-content/uploads/2023/01/CMCL-Equality.pdf>


CARMEN DEBONO
coming alongside

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USING PHYSICAL AND SEXUAL VIOLENCE

Telling her "It's your responsibility as my wife to meet my needs" • demanding sex because "the wife doesn't rule over her own body, but the husband does"
• insisting that "the wife must obey her husband."

Naming Violence with Christian Men
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SUPPORT & MORE INFO

Emergency Services - 000

Life Line - 13 11 14

<https://www.lifeline.org.au>

1800RESPECT - 1800 737 732

<https://www.1800respect.org.au/contact-us>

Interpreter 13 14 50

Safety Plans

https://www.1800respect.org.au/help-and-support/safety_planning



Some services can only be accessed within Australia.

If you are an Australian citizen living overseas or live in another country and require support please contact the services available to you.

WE CAN ADVOCATE FOR OURSELVES AND OTHERS.

Worth: Recognise the worth, value, strengths and needs of each individual, including yourself.

Rights: Understand human rights in various contexts.

Boundaries: Establish boundaries and determine what behaviour is acceptable and unacceptable.

Communication: Speak up for yourself and others. Ask questions!

NURTURE HEALTHY SUPPORTIVE RELATIONSHIPS

Mutual Respect
Healthy Communication
Boundaries

AND LET'S NOT FORGET A HEALTHY RELATIONSHIP WITH YOURSELF

Value & Self-esteem
Self-Talk
Values
Core Beliefs
Emotional Regulation

PRACTICE SELF-CARE

Ensuring you are taking care of yourself as well as others

It can...
Increase self-esteem and worth
Develop healthy habits
Set boundaries

SELF-GASLIGHTING

Self-gaslighting is the subtle, often unconscious habit of minimising your feelings, invalidating your experiences to make them more palatable for others or for yourself.

It can sound like:

“Maybe I’m just imagining things.”

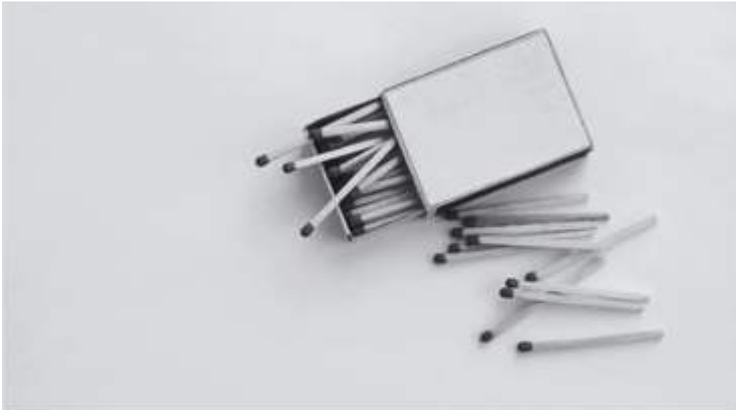
“I’m probably overreacting.”

“I shouldn’t feel this way.”

“They didn’t mean it like that.”

And the most dangerous one:

“It’s not a big deal.”



How to Stop Gaslighting Yourself... if you are.

In this episode we're talking about something that many people don't even realise they're doing—gaslighting themselves.

♥ Carmen Debono / Aug 6