

The background features a large, stylized, light blue leaf or flower pattern on a dark blue background. The pattern consists of several large, rounded shapes that resemble petals or leaves, arranged in a circular, symmetrical fashion. The text is centered over this pattern.

REACTIONS TO VIOLENCE AND THREATS WITHIN CLOSE RELATIONSHIPS

You are entitled to get help and to talk to someone about what you have been through and how it has affected you.

1177
VÄRDGUIDEN

 **Region
Värmland**

REACTIONS TO VIOLENCE AND THREATS

If you have been subjected to violence, threats or been intimidated by someone that you are close to, this brochure is for you. You may perhaps be experiencing emotions that you were not prepared for and that you don't know how to handle. Dramatic events have a habit of staying in our memories and resurfacing when least expected. So it's important that you try and talk through your experiences with someone as soon as you can - it could be a friend or someone else that you trust. You can of course contact your health care centre, social services, women's centres or a crime victims' centre and talk to someone there.

What is a normal reaction?

People react to violence, threats and intimidation in a number of different ways and people can respond differently to similar situations. For some people the response is instant; for others the reaction might come later, even several years after the events have taken place. If you are worried about how you have reacted or worried about someone else, please remember that people can react to traumatic events in many different ways, all of which can be considered normal in the wake of traumatic events. Not reacting at all would not be normal. People who have witnessed violence or those worried about their own or other's safety may also react in various ways.

Difficult events can impact on you in several ways. Your reaction, in whatever form it takes, will be personal to you. However, many victims of violence share common emotions, particularly when the violence is recurring.

It is completely normal to experience some of these reactions:

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| Physical | Stomach problems, changed sleeping and eating habits, sweating, increased heart rate, chest pains, dizziness, headaches, back or neck problems, fatigue. |
| Emotional | Sorrow, guilt, shame, anxiety, anger/ rage, nightmares, emotional rollercoaster, lack of control, feeling of isolation, fear of further violence, speechless, feeling of helplessness or powerlessness, despair, spiritual doubts. |
| Intellectual | Memory loss, confusion, changed notion of time, lack of concentration, difficulties making decisions, suicidal thoughts, re living the violent events, flashbacks. |
| Relationships | Lack of trust, changes in sexual behaviour, feeling critical towards others, hostile feelings towards family, friends and colleagues, sense of loneliness. |
| Behavioural | Drug use, isolation, irritable, impatient, strong reactions to small changes in your environment, holding on to people, inability to carry out things one has been able to before. |