



GETTING OUT

Alive

Steps to Freedom
Purposed Survivor

Copyright © 2020 Empower Your Life LLC

All Rights Reserved. No part of this publication may be reproduced or transmitted in any form or by any means, mechanical or electronic, including photocopying and recording, or by any information storage and retrieval system, without permission in writing from the author or publisher (except by a reviewer, who may quote brief passages and/or show brief video clips in a review).

Disclaimer: The Publisher and the Author make no representation or warranties concerning the accuracy or completeness of the contents of this work and specifically disclaim all warranties for a particular purpose. No warranty may be created or extended through sales or promotional materials. The advice and strategies contained herein may not be suitable for every situation. This work is sold with the understanding that the Author and Publisher are not engaged in rendering legal, technological, or other professional services. If professional assistance is required, the services of a competent professional should be sought. Neither the Publisher nor the Author shall be liable for damages arising therefrom.

The fact that an organization or website is referred to in this work as a citation and/or potential source of further information does not mean that the Author or the Publisher endorses the information, the organization, or website it may provide or recommendations it may make. Further, readers should be aware that websites listed in this work may have changed or disappeared between when this work was written and when it is read. Disclaimer: The cases and stories in this book have had details changed to preserve privacy.

Getting Out Alive: ISBN: Paperback 9781648731150 ISBN: EBOOK 9781648731112 Survivor Basics: ISBN: EBOOK 9781648731136 ISBN: Paperback 9781648731167 Initial Beginnings: ISBN: Paperback 9781648731174 ISBN: EBOOK 9781648731129 12 Step Guide to Restoration: ISBN: Paperback 9781648731181 ISBN: EBOOK 9781648731143

Printed in the United States of America

Published by:

Writer's Publishing House

Prescott, Az 86301

Cover and Interior Design by Creative Artistic Excellence Marketing

Table of Contents

[The Purposed Survivor](#)

[Acknowledgement](#)

[Chapter One: Signs of Domestic Abuse](#)

[Chapter Two: Planning Departure](#)

[Chapter Three: Initializing the Plan](#)

[Chapter Four: Taking Action](#)

[Chapter Five: First Steps of Freedom](#)

The Purposed Survivor

We all came into this program seeking restoration from an abusive situation. In this case, we understand the commonalities of each person's accounts, but written or verbal, no one individual's restoration is the same. This book is not meant to be an exhaustive study of the phases or traditions, but rather, it is meant to help determine your own interpretation of the principles contained in our phases and traditions. Our hope is that you will get a sense of peace from the restoration process. We pray you will find a complete guide to live without existing in the ramifications of domestic abuse. As you progress through the phases, your participation is what keeps hope alive...

Welcome to the Purposed Survivor 12 Phase to Restoration. Getting Out Alive is a simple guide to assist the domestic abuse victim in finding their way to freedom. We understand the chaos that runs rampant in your life at this point, and the idea of restoration seems impossible. However, there is hope. We urge you to read the contents of this book thoroughly and examine every option and outlet to restoring freedom in your life. Help is available, you are not alone. The contents of this book will give some guidelines for understanding the signs of domestic abuse, along with tips on seeking law enforcement assistance, and provides key actions to help keep yourself and your children safe while Getting Out Alive. Remember, these are only guidelines, but Purposed Survivor was designed by people who have survived the ramifications of domestic abuse and achieved complete restoration.

Chapter One: Signs of Domestic Abuse

(Behavioural Traits)

The next section of this book defines some of the behavioural traits common of abusive individuals. While these do not pertain to every situation, they are the most common mitigating factors.

This book was designed for the sole purpose of guiding the Purposed Survivor on some safe procedures for “Getting Out Alive.” It is important to pursue any outlet necessary when planning to leave any domestic abuse situation. You are not alone, and help is available.

Some of these patterns may pertain to you or to your partner. Either way, they are common denominators for the foundation of a potential abusive situation.

Denial Patterns:

- I have difficulty identifying what I am feeling.
- I minimize, alter, or deny how I truly feel.
- I perceive myself as completely unselfish and dedicated to the well-being of others.

Low Self Esteem Patterns:

- I have difficulty making decisions.
- I judge everything I think, say or do harshly as never "good enough."
- I am embarrassed to receive recognition and praise or gifts.

- I do not ask others to meet my needs or desires.
- I value others' approval of my thinking, feelings, and behavior over my own.
- I do not perceive myself as a lovable or worthwhile person.

Compliance Patterns:

- I compromise my own values and integrity to avoid rejection or others' anger.
- I am very sensitive to how others are feeling and feel the same.
- I am extremely loyal, remaining in harmful situations too long.
- I value others' opinions and feelings more than my own and am afraid to express differing opinions and feelings of my own.
- I put aside my own interests and hobbies in order to do what others want.
- I accept sex when I want love.

Control Patterns:

- I believe most other people are incapable of taking care of themselves.
- I attempt to convince others of what they "should" think and how they "truly" feel.
- I become resentful when others will not let me help them.
- I freely offer others advice and directions without being asked.
- I lavish gifts and favors on those I care about.
- I use sex to gain approval and acceptance.

I have to be "needed" in order to have a relationship with others.

To understand the signs of an abusive individual, it's important to first comprehend the basic biology of human emotion.

You've Just Finished your Free Sample

Enjoyed the preview?

Buy: <http://www.ebooks2go.com>