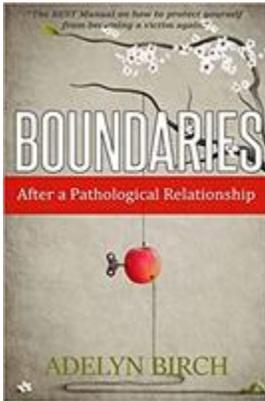


DV RESOURCES FOR SURVIVORS

The following resources have been compiled with the intention of providing ways forward while in the midst of a painful relationship dynamic or during the process of healing from one. This is not an exhaustive list but rather, a collection of materials to help foster a sense of resilience and flourishing.



BOUNDARIES BY- Adelyn Birch

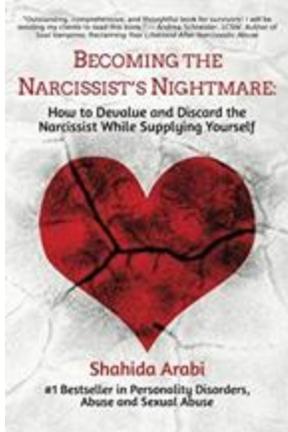
This book is small, but mighty.

If you were involved in a pathological relationship -- or you want to prevent it from happening in the first place -- this book is for you. It gets to the heart of the matter of personal boundaries. Identifying and setting clear boundaries is vital for survivors and for anyone who wants to become more confident, improve relationships, and prevent victimization.

When you create boundaries, you take a stand for yourself and your life, and you communicate your worth to others in a real and practical way. This concise and powerful book is filled with practical wisdom and useful tips. It will walk you through the process of creating boundaries from start to finish.

You get to decide how you want to live. Find your courage. Live in an authentic way. Protect yourself and what's important to you. Gain self-respect and the respect of others. Boundaries will help you do all of these things.

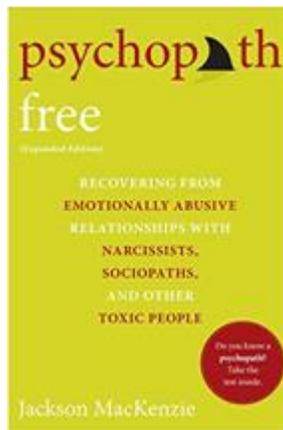
DV RESOURCES FOR SURVIVORS



Becoming the Narcissist's Nightmare by Shahida Arabi

Although clinical research has been conducted on narcissism as a disorder, less is known about its effects on victims who are in toxic relationships with partners with Narcissistic Personality Disorder. Individuals with this disorder engage in chronic devaluation and manipulation of their partners, a psychological and emotional phenomenon known as "narcissistic abuse." Unfortunately, the full extent of what narcissistic abuse entails is not taught in any psychology class or diagnostic manual. Since pathological narcissists are unlikely to seek treatment for their disorder, it is difficult to pinpoint what exactly makes a narcissistic abuser tick and the manipulative tactics they use, which are likely to differ from those of other types of abusers as they are more covert and underhanded. What is even more baffling is the addiction we form with our narcissistic abusers, created by biochemical bonds and trauma bonds that are also unlike any other relationship we experience. In this book, survivors will learn:

- The red flags of narcissistic behavior and covert manipulation tactics, including subtle signs many survivors don't catch in the early stages of dating a narcissist.
- The motives behind narcissistic abuse and techniques to resist a narcissist's manipulation.
- Why abuse survivors usually stay with a narcissist long after incidents of abuse occur.
- How our own brain chemistry locks us into an addiction with a narcissistic or toxic partner, creating cravings for the constant chaos of the abuse cycle.



Psychopath Free (Expanded Edition): Recovering from Emotionally Abusive Relationships With Narcissists, Sociopaths, and Other Toxic People by Jackson MacKenzie

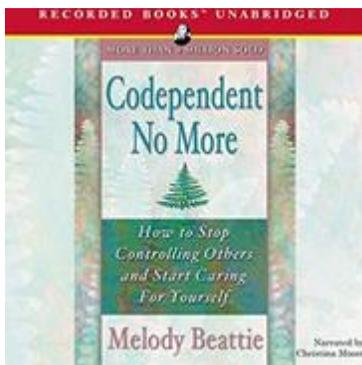
DV RESOURCES FOR SURVIVORS

Have you ever been in a relationship with a psychopath? Chances are, even if you did, you would never know it. Psychopaths are cunning charmers and master manipulators, to the point where you start to accept the most extreme behaviors as normal...Even if it hurts you.

All around us, every single day, human beings devoid of empathy are wreaking havoc and destroying lives in the coldest, most heartless ways imaginable. In constant pursuit of money, sex, influence, or simple entertainment, psychopaths will do whatever it takes to gain power over others. They hide behind a veil of normalcy, arranging their friends and partners like pawns in a game of chess.

Using false praise and flattery to get what they want, they can lure *any* unsuspecting target into a relationship. Once hooked, their charming promises spin into mind games and psychological torture. Victims are left devastated and confused, unable to recognize—or even put into words—the nightmare that just took place.

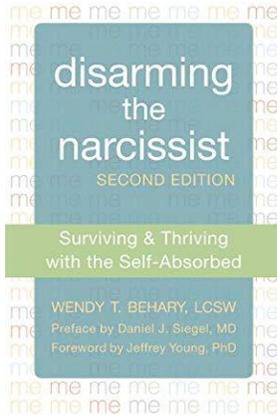
Written from the heart, *Psychopath Free* is the first guide for survivors written by a survivor, offering hope for healing and thriving after psychopathic abuse. Say goodbye to the chaos, self-doubt, and victimization. You are free.



Codependent No More: How to Stop Controlling Others and Start Caring for Yourself by [Melody Beattie](#)

A source of healing and inspiration for millions, this modern classic spent over three years on the *New York Times* best seller list and made codependency a household word. *Codependent No More* contains dozens of real-life examples, personal reflections, exercises, and self-tests to help you along the road to recovering your own life. For anyone struggling with a relationship involving alcoholism or other compulsive behaviors, this program points the way to healing and the renewal of hope. Melody Beattie's insights into the nature of the phenomenon of codependency will guide you step by step to the understanding that letting go will set you free.

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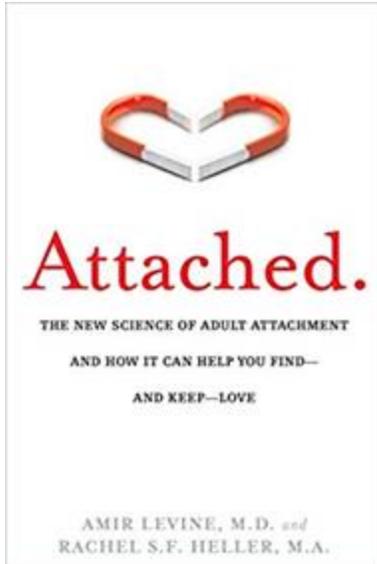
Disarming the Narcissist: Surviving and Thriving with the Self-Absorbed Paperback –

by [Wendy T. Behary LCSW](#) Do you know someone who is overly arrogant, shows an extreme lack of empathy, or exhibits an inflated sense of entitlement? Do they exploit others, or engage in magical thinking? These are all traits of narcissistic personality disorder, and when it comes to dealing with narcissists, it can be difficult to get your point across. So how do you handle the narcissistic people in your life? You might interact with them in social or professional settings, and you might even love one—so ignoring them isn't really a practical solution. They're frustrating, and maybe even intimidating, but ultimately, you need to find a way of communicating effectively with them.

Disarming the Narcissist, Second Edition, will show you how to move past the narcissist's defenses using compassionate, empathetic communication. You'll learn how narcissists view the world, how to navigate their coping styles, and why, oftentimes, it's sad and lonely being a narcissist. By learning to anticipate and avoid certain hot-button issues, you'll be able to relate to narcissists without triggering aggression. By validating some common narcissistic concerns, you'll also find out how to be heard in conversation with a narcissist.

This book will help you learn to meet your own needs while side-stepping unproductive power struggles and senseless arguments with someone who is at the center of his or her own universe. This new edition also includes new chapters on dealing with narcissistic women, aggressive and abusive narcissists, strategies for safety, and the link between narcissism and sex addiction.

Finally, you'll learn how to set limits with your narcissist and when it's time to draw the line on unacceptable behavior.



Attached: The New Science of Adult Attachment and How It Can Help You Find - and Keep – Love by [Amir Levine](#) and [Rachel Heller](#)

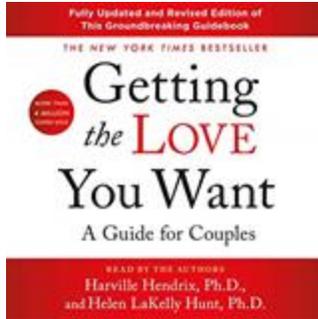
We already rely on science to tell us what to eat, when to exercise, and how long to sleep. Why not use science to help us improve our relationships? In this revolutionary book, psychiatrist and neuroscientist Dr. Amir Levine and Rachel Heller scientifically explain why some people seem to navigate relationships effortlessly, while others struggle.

Discover how an understanding of adult attachment—the most advanced relationship science in existence today—can help us find and sustain love. Pioneered by psychologist John Bowlby in the 1950s, the field of attachment posits that each of us behaves in relationships in one of three distinct ways:

- Anxious people are often preoccupied with their relationships and tend to worry about their partner's ability to love them back
- Avoidant people equate intimacy with a loss of independence and constantly try to minimize closeness.
- Secure people feel comfortable with intimacy and are usually warm and loving.

Attached guides readers in determining what attachment style they and their mate (or potential mate) follow, offering a road map for building stronger, more fulfilling connections with the people they love.

DV RESOURCES FOR SURVIVORS



[Getting the Love You Want: A Guide for Couples: Third Edition](#)

by Harville Hendrix, Helen LaKelly Hunt,

Getting the Love You Want has helped millions of people experience more satisfying relationships and is recommended every day by professional therapists and happy couples around the world. Dr. Harville Hendrix and Dr. Helen LaKelly Hunt explain how to revive romance and remove negativity from daily interactions to help you:

- Discover why you chose your mate
- Resolve the power struggle that prevents greater intimacy
- Learn to listen - really listen - to your partner
- Increase fun and laughter in your relationship
- Begin healing early childhood experiences by stretching into new behaviors
- Become passionate friends with your partner
- Achieve a common vision of your dream relationship

Become the most connected couple you know with this revolutionary guide, combining behavioral science, depth psychology, social learning theory, Gestalt therapy, and interpersonal neuroscience to help you and your partner recapture joy, enhance closeness, and experience the reward of a deeply fulfilling relationship.

****National Network to end Domestic Violence is one of the best websites for tools, content, education, and information. <https://nnedv.org/>



<https://www.domesticshelters.org/help/il/chicago>

Allows one to find the nearest shelter or search by resources.

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The following is a list of **Apps** that are specifically designed for individuals experiencing domestic or intimate partner violence:

MyPlan-- bilingual (Spanish) - requires pin to get in w/o proper pin goes to dummy page- educational but also holds a digitized safety plan-

Aspire-education - distress signal - send emergency notification-

Pevo - requires a pin -

Sunny-educational - text support - help - others stories - share your story

DVI- education and immediate help

Secretly Safe-requires a phrase to operate - say the phrase if you feel threatened- operators will receive an alert, notify police and contact you.

If you still feel threatened or do not respond operators will send emergency services to your exact location.

Social media

Trent Shelton social media FB and Instagram -empowerment and healthy relationships

Instagram offerings

PSTDANDME209

Nataliethelbeliever

Grey_rock

Blacc_lotus_soul_survivor

Happihabits

Music

- Broken - They, Jessie Reyez
- I need you to Survive- Hezekiah Walker
- Cycles -Johnathan McReynolds
- February 3rd- Jorja Smith
- Wide Awake- Katy Perry
- Where Did I Go- Jorja SMith
- Teenage Fantasy- Jorja SMith
- No More Drama- Mary J. Blige

DV RESOURCES FOR SURVIVORS

- If This is Love- Xavier Omar
- How Do YOU Love Me- Xavier Omar
- Stronger than Ever- Christina Aguilera
- Liberation- Christina Aguilera
- Rise Up- Audra Day
- Holy- Jamila Woods
- Golden- Jill Scott
- I am Light- India Irie
- Prayer for Humanity- India Irie
- Sacred Space- India Irie
- Pass You By - Boys II Men
- I Love Myself- Chaka Khan
- Me, Myself and I - Beyonce
- You Found Me- THE Fray
- Find your light- Monodeluxe
- #EmpowermentPlaylist on YouTube and Spotify