

# what should you do?

## tell others.

Confide in someone whom you can trust. **Talking helps you see more clearly what you want to do and what you can do.**

**Do not isolate yourself.** Understanding what is going on is a condition to be able to improve the situation.

## plan.

- Obtain a medical certificate from your doctor or hospital for every physical injury inflicted on you by your partner. Take photos of the injuries for the record.
- Make copies of important documents.
- Keep important telephone numbers with you.
- Have spare keys made.
- Store some clothes, money and medication.
- Open your own bank account or endeavor to obtain the power to withdraw from your joint account.
- Think how you can safely leave the house.

## decide.

Often, the most difficult part is leaving the toxic environment you are in. You might feel like your finances, child(ren)'s welfare and/or immigration status is/are dependent on your partner. You might feel that you are alone in your decision. Ending the cycle of violence is truly very difficult and frightening.

But remember that leaving a toxic relationship is not the end for you. **You are not alone, and you will be able to find help – whether you are dependent or on your own, even if you have no income of your own, or even if your residence permit has been taken away from you.**

## report.

It is important to talk about what you are experiencing, not only with someone you trust, but also with specialized aid workers, who will listen to you, offer advice and will try to find a solution with you.

If you are a resident, ask CPAS or OCMW for financial help if you have inadequate or no income at all.

Report the acts of violence to the police. **Threats, assault, stalking, and sexual violence are criminal acts.** Know that the law offers you the possibility to leave the home without losing your rights.

You may also contact the nearest Philippine Embassy or Philippine Consulate.

We will listen to you without judgment. We will impose nothing. We will listen to you, help you understand the situation, offer advice and ideas, and address for further help.

**Victims of intimate partner violence can assert their rights, ask for help, and take steps to put an end to abuse.**



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# love must not hurt.

**END THE VIOLENCE NOW.**

**KNOW MORE ABOUT  
INTIMATE  
PARTNER  
VIOLENCE**



# what is intimate partner violence?

Intimate partner violence (IPV) refers to behavior by a current or former spouse or partner that causes physical, sexual or psychological harm, including physical aggression, sexual coercion, psychological abuse and controlling behaviors.

Intimate partner violence happens in all age groups, in all social classes and cultures, and in both heterosexual and homosexual relationships.

## You may be a victim if:

- You have physical injuries, whether hidden or not, from where your partner hits you.
- You are made to believe that you deserve every blow from your partner.
- You are often humiliated, insulted and scolded.
- Your partner has an unpredictable, violent temperament, and they direct their anger at you.
- You are made to feel stupid and ridiculous.
- You are not allowed to see your family and friends.
- Your children are made to believe that they should avoid you.
- You are not allowed to work, or are forced to do heavy work.
- Your passport or residence permit is taken away from you.
- Your belongings and property are destroyed.
- Your devices and social media accounts are being monitored by your partner.
- You are forced to perform unwanted sexual acts.
- You are pressured to become, or not to become, pregnant against your will.
- Your partner tells you that they will commit suicide if you leave them.
- You are not given the chance to decide on anything.
- You do not have confidence in making decisions because fear controls your life.

# the cycle of violence

The violent person starts demonstrating behaviors such as heavy silence, threatening gazes, irritation, increase in conflicts, increasing impatience, or highlighting your mistakes.

You attempt to calm the tension. You doubt yourself and your abilities. You fear upsetting your partner.

The violent person acts out by using violent behavior (verbal, physical, psychological, economic, sexual, etc.) to release the tension they feel.

You feel fear, shame, humiliation, injustice, sadness, despair, and helplessness.

## PHASE 1: INCREASED TENSION

## PHASE 2: EXPLOSION

## PHASE 4: THE HONEYMOON PERIOD

## PHASE 3: JUSTIFICATION OF VIOLENCE

The violent person calms down and expresses their regrets. They make promises and gives you gifts aimed at reconciling with the victim, or they make you feel guilty by threatening to hurt themselves ("I'm going to see a shrink", "This is the last time", "I'm going to commit suicide if you leave"...).

The violent person rejects responsibility for their actions and justifies this in various ways (downplaying their actions, shifting blame – "You shouldn't have...", "You're the one who pushed me to the limit," "I'm too sensitive...")

The calm you've regained soothes you. You hope for a change or for things to go back to the way they were before, so you give them an (additional) chance. You might also (continue to) support them, thinking that they will change with your help. You might even change your own habits to meet their expectations.

You start doubting your own perceptions and eventually accept your partner's justifications. You question yourself and feel responsible for the violence you suffered. You start believing that if you change their behavior, the violence will stop.

are you a victim of violence?  
**you are not alone.**

**35% of women worldwide have experienced either physical and/or sexual intimate partner violence or non-partner sexual violence.**

Most of this violence is intimate partner violence. **Globally, 30% of all women who have been in a relationship have reported physical and/or sexual violence by a current or former intimate partner at any point in their lives.** In Europe, the prevalence is 24.6% – almost 1 out of 4 women.

IPV can lead to adverse health outcomes such as physical trauma, mental health problems, substance abuse, and adverse reproductive and perinatal/maternal health, which may lead to illness, disability and possibly death.

**But you can put a stop to violence NOW.**

## Sources:

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