



You Are Beautiful

A Newsletter By and For Women in Prison
Fall 2011

Raising Awareness - Emotional Abuse

Abusive behavior in relationships is a common problem. Abuse may be physical, sexual, financial, and emotional. The list below gives examples of emotional abuse. Use it to evaluate your past or present relationships.

Frequently blames or criticizes you
Calls you names
Ridicules your beliefs, religion, race class or sexual preference
Blames you for "causing" the abuse
Ridicules/makes bad remarks about your gender
Criticizes or threatens to hurt your family or friends
Isolates you from your family and friends
Abuses animals
Is angry if you pay attention to someone or something else (children, friends, school, etc.)
Withholds approval, appreciation or affection
Humiliates you
Becomes angry if meals or housework are not done to his/her liking
Does not include you in important decisions
Does not allow you to sleep
Repeatedly harasses you about things you did in the past
Takes away car keys, money or credit cards
Threatens to leave or told you to leave.
Checks up on you (listens to your phone calls, looks at phone bills, checks the mileage on the car, etc.)
Tells people you suffer from a mental illness
Threatens to commit suicide
Interferes with your work or school (provokes a fight in the morning, calls to harass you at work)
Minimizes or denies being abusive
Uses drugs or alcohol to excuse their behavior
Uses phrases like "I'll show you who is boss," or "I'll put you in line"
Uses loud or intimidating tone of voice

(Adapted from Central DuPage Hospital, 2011)

Me

By Dena

*I am attractive; at least that's what I want to believe because,
I am an optimist--why believe in waiting pain, when wishing joy is more fun.
I talk in my head, and I wish the voices stop.*

*I help people; because my great grandmother taught me to.
I write; even when I'm afraid words won't get heard.*

*I go hard with studies; education is important to me.
I understand being poor; yet needing nothing.
I live a life, I create in my mind.
I dance; I dance; I dance.
I howl—ooohh—and make monkey sounds too (Do it!)*

*I am willing to explore new things.
I dream in color.
I laugh from the gut; deep and loud.
I cry when I'm happy.
I pray when I think;
I think too much.*

*I'm quiet only one week a year.
I love selflessly.
I'm here and happy.
I rejoice.
I whisper, "Thank you God."*

I Am Beautiful

A Periodic Newsletter

Published by By and For Women in Prison

Dismas Ministry

*A National Catholic Outreach
for Inmates, Victims, Their
Families, Those Released
from Prison & the Community.*



Remember me.
Luke 23:42

Dismas
MINISTRY

P.O. BOX 070363
Milwaukee, WI 53207

www.dismasministry.org

Letter to Our Friends

Dear Friends,

Response to the "I Am Beautiful" book project was overwhelmingly positive. Incarcerated women all over the country shared experiences and encouragement as survivors of abuse, coping with prison, separations from loved ones; and restoring hope and purpose to lives.

We are pleased to announce that a second volume of "I Am Beautiful" is underway. Sharing your poetry, art, reflections and stories will help bring dignity and self-esteem to other women; it will help them realize that they are not alone! We encourage you to send submissions by April 1, 2012 and contact us for further information.

Be well and be beautiful! The Publishers

Thanks to Lisa for sharing these thoughts:

"God has given me the power to truly forgive (my mother) and love her, always. I have broken the chain and I am proud of the mother I have become. God has truly blessed me with my one and only child who is a piece of my soul. I hope and pray that my poems may help others to see how precious and wonderful, not only our children are, but they are too. I hope my poems will be medication for their souls."

The Feel of It - By Reginese

*Do you know what it's like to miss some one
To ask for forgiveness for the wrong you've done
To dream and wake up, and you're not there
To know from time that this isn't just a scare
To wait patiently on time to soon end
To worry and wonder if you'll still be my friend
Not knowing the answer is what hurts me
No pictures, no letters for me to know or see
But in the end when it's all said and done
I'm coming home to my number one!!*

