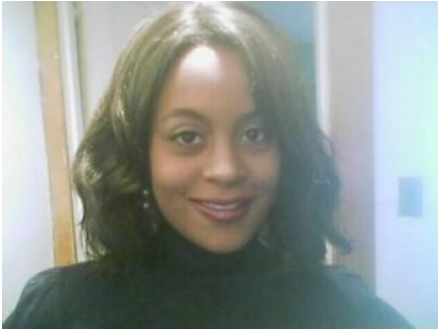


Self Esteem



What do you deserve?

Self-image is a crucial factor in domestic violence situations. Batterers exploit people with low self-image, and they systematically degrade their partner's self image through emotional and physical abuse in their relationship.

Here are the facts: You are Human. As a human, you deserve to be treated with respect. Any act of violence - or threat of violence, no matter how small, is a violation of your human rights. If someone does that to you “ even once “ you don't deserve it. In fact, you deserve much better.

If someone is acting violently toward you in how they talk, or what they do “ or if you are not sure, look at this: [Warning Signs and Symptoms of Abusive Relationships](#)

If you find that you are in an abusive relationship, get help now. [Call the Hotline](#) or for more information and resources, look at our [Domestic Violence Page](#)