

**If you are a victim of psychological abuse or gaslighting, you are a victim of domestic violence.**

*Article 248 of the Criminal Code of Kosovo recognizes psychological abuse as a form of domestic violence.*

**Report it to the police!**

**Call 192**

**or visit the closest police station**

**NO BRUISES**

**NO VIOLENCE**

**The signs of violence are not always visible**

**Report psychological violence to the Kosovo Police**

**Call 192**

**or visit the closest police station**



## Psychological/Emotional Abuse

Nonphysical abuse used to inflict emotional harm, threats, or limit the victim's wellbeing is also a form of domestic violence.

Psychological abuse is the use of verbal and symbolic aggression and abuse in an ongoing process in which a perpetrator methodically devalues the victim's wellbeing.

Psychological abuse in intimate partner violence (IPV) most often precedes physical abuse.

### ***Are you the victim of psychological abuse in a domestic relationship?***

Some of the Signs of Psychological Abuse are:

- Keeping from seeing friends and limiting contact with the family
- Frequently texting or calling to check on the victim's whereabouts
- Showing extreme jealousy when the victim spends time with social contacts
- Attempts to turn others against the victim
- Frequent angry outbursts towards the victim
- Frequent criticizing of the victim's looks and actions
- Trying to control people who are in the victim's support system
- Gaslight the victim to alter the victims' perception and reality
- Belittling in public and private
- Intimidating through threatening looks or actions
- Speaking for, or over the victim<sup>1,2,3</sup>

<sup>1</sup> <https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-019-7998-0>

<sup>2</sup> <https://www.thehotline.org/identify-abuse/domestic-abuse-warning-signs/>

<sup>3</sup> <https://www.allure.com/story/emotional-abuse-signs-relationship>

## Gaslighting

Gaslighting (from the movie Gaslight) is a form of emotional abuse used to make the victim question their own experiences, memories, judgment, and sanity. It is used to inflict emotional damage, and therefore, obtain and maintain control and power over the victim.<sup>4,5</sup>

### ***Are you a victim of Gaslighting?***

Some of the statements Gaslighters use are:

- You are crazy
- I didn't say that
- That's not what happened
- I do it because I love you and care for you
- No one would ever be with you but me
- You are so stupid
- I know you were with that guy; someone saw you. You can't deny it
- You are paranoid
- You need psychiatric help
- I can't imagine my life without you
- Everyone knows you are crazy, even your parents
- You can call the police, but you know I was only holding you while you were hitting me
- It was just a joke
- You are too sensitive<sup>6,7</sup>

Gaslighting is also a social phenomenon rooted in social inequality power structures.

Traditional gender norms that portray women as overly emotional and irrational contribute to vulnerability to gaslighting.

<sup>4</sup> [https://www.researchgate.net/profile/Veronica-Johnson-8/publication/354478943\\_It%27s\\_Not\\_in\\_Your\\_Head\\_Gaslighting\\_%27Splaining\\_Victim\\_Blaming\\_and\\_Other\\_Harmful\\_Reactions\\_to\\_Microaggressions/links/61786520ee53e51e1f0bc02/Its-Not-in-Your-Head-Gaslighting-Splaining-Victim-Blaming-and-Other-Harmful-Reactions-to-Microaggressions.pdf](https://www.researchgate.net/profile/Veronica-Johnson-8/publication/354478943_It%27s_Not_in_Your_Head_Gaslighting_%27Splaining_Victim_Blaming_and_Other_Harmful_Reactions_to_Microaggressions/links/61786520ee53e51e1f0bc02/Its-Not-in-Your-Head-Gaslighting-Splaining-Victim-Blaming-and-Other-Harmful-Reactions-to-Microaggressions.pdf)

<sup>5</sup> oct19asfeature.pdf

<sup>6</sup> \*oct19asfeature.pdf

<sup>7</sup> <https://www.psychologytoday.com/us/blog/here-there-and-everywhere/201701/11-red-flags-gaslighting-in-relationship>