

# Building Resilience and Avoiding Future Abuse and Trauma



**WALKING ALONGSIDE  
THOSE WHO HAVE  
EXPERIENCED  
ABUSE AND TRAUMA  
WITHIN FAITH.**

**GET SUPPORT.  
GET INVOLVED.**

**[www.replenished.life](http://www.replenished.life)**



A key part of your journey is to develop resilience and to be able to avoid abusive situations in the future. For those who have experienced abusive communities or relationships it can be all too easy to walk into familiar communities and relationships that turn out to be equally as abusive. It is useful to think about what healthy cultures and relationships look like.

## Healthy Cultures

It is important that you understand how healthy the culture of the faith based organisation that you may be joining is. However, it is also worth remembering unhealthy cultures may not be initially apparent and can also develop over time. There also needs to be a realism that no faith based organisation is going to be perfect but there are a few useful pointers that it will have a healthy culture.

## Healthy Leadership.

The ability of leaders to be able to self-reflect and self-regulate is a key requirement in understanding how power and authority are used in the day-to-day interactions with those around them, such that they do not cause harm. Evidence shows that a significant amount of spiritually abusive behaviour is not intentional, but comes as a result of a failure to self-manage emotions, attitudes and beliefs and their impact upon others in day-to-day interactions and relationships.

## Healthy Culture

We believe that healthy cultures demonstrate the following characteristics:

- Respects, values and nurtures each person
- Allows questions and calm disagreement
- Guides and empowers through biblical teaching (or other faith teaching)
- Guides behaviour but respects choices
- Nurturing and nurtured leadership
- Values 'whole life' service
- Healthy accountability
- Models inclusion<sup>1</sup>

We would advise that you maintain independent relationships outside any faith based organisation so that you are able to discuss any concerns with someone independent. If you wish to use Replenished to do this you will be very welcome.

## Healthy Relationships

Respect for both oneself and others is a key characteristic of healthy relationships. In contrast, in unhealthy relationships, one partner tries to exert control and power over the other physically, sexually, and/or emotionally.

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<sup>1</sup> Dr Lisa Oakley, Justin Humphreys 2019 Escaping the Maze of Spiritual Abuse: Creating Healthy Christian Cultures SPCK Publishing.

Healthy relationships share certain characteristics that everyone should be taught to expect. They include:

- *Mutual respect.* Respect means that each person values who the other is and understands the other person's boundaries.
- *Trust.* Partners should place trust in each other and give each other the benefit of the doubt.
- *Honesty.* Honesty builds trust and strengthens the relationship.
- *Compromise.* In a dating relationship, each partner does not always get his or her way. Each should acknowledge different points of view and be willing to give and take.
- *Individuality.* Neither partner should have to compromise who he/she is, and his/her identity should not be based on a partner's. Each should continue seeing his or her friends and doing the things he/she loves. Each should be supportive of his/her partner wanting to pursue new hobbies or make new friends.
- *Good communication.* Each partner should speak honestly and openly to avoid miscommunication. If one person needs to sort out his or her feelings first, the other partner should respect those wishes and wait until he or she is ready to talk.
- *Anger control.* We all get angry, but how we express it can affect our relationships with others. Anger can be handled in healthy ways such as taking a deep breath, counting to ten, or talking it out.
- *Fighting fair.* Everyone argues at some point, but those who are fair, stick to the subject, and avoid insults are more likely to come up with a possible solution. Partners should take a short break away from each other if the discussion gets too heated.
- *Problem solving.* Dating partners can learn to solve problems and identify new solutions by breaking a problem into small parts or by talking through the situation.
- *Understanding.* Each partner should take time to understand what the other might be feeling.
- *Self-confidence.* When dating partners have confidence in themselves, it can help their relationships with others. It shows that they are calm and comfortable enough to allow others to express their opinions without forcing their own opinions on them.
- *Being a role model.* By embodying what respect means, partners can inspire each other, friends, and family to also behave in a respectful way.
- *Healthy sexual relationship.* Dating partners engage in a sexual relationship that both are comfortable with, and neither partner feels pressured or forced to engage in sexual activity that is outside his or her comfort zone or without consent.

Unhealthy relationships are marked by characteristics such as disrespect and control. It is important for everyone to be able to recognise signs of unhealthy relationships before they escalate. Some characteristics of unhealthy relationships include:

- *Control.* One dating partner makes all the decisions and tells the other what to do, what to wear, or who to spend time with. He or she is unreasonably jealous, and/or tries to isolate the other partner from his or her friends and family.
- *Hostility.* One dating partner picks a fight with or antagonizes the other dating partner. This may lead to one dating partner changing his or her behaviour in order to avoid upsetting the other.
- *Dishonesty.* One dating partner lies to or keeps information from the other. One dating partner steals from the other.
- *Disrespect.* One dating partner makes fun of the opinions and interests of the other partner or destroys something that belongs to the partner.
- *Dependence.* One dating partner feels that he or she “cannot live without” the other. He or she may threaten to do something drastic if the relationship ends.
- *Intimidation.* One dating partner tries to control aspects of the other's life by making the other partner fearful or timid. One dating partner may attempt to keep his or her partner from friends and family or threaten violence or a break-up.
- *Physical violence.* One partner uses force to get his or her way (such as hitting, slapping, grabbing, or shoving).
- *Sexual violence.* One dating partner pressures or forces the other into sexual activity against his or her will or without consent.<sup>2</sup>

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<sup>2</sup> Adapted from <https://youth.gov/youth-topics/teen-dating-violence/characteristics> accessed 4th February 2020