

NON-TOUCH PHYSICAL VIOLENCE

FEAR WITHOUT A FIST

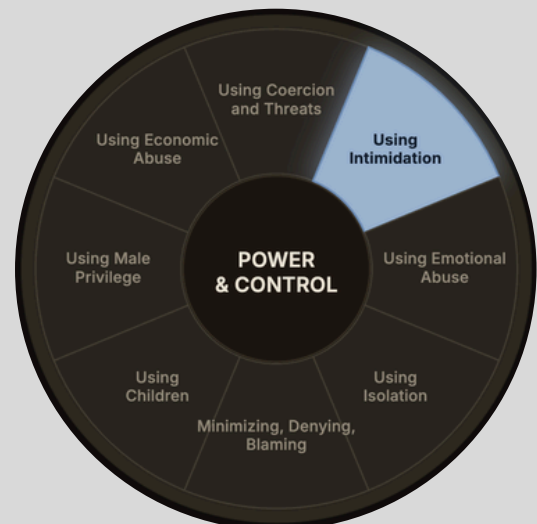
Physical abuse is often imagined as bruises, broken bones, or visible injuries. Yet many women live in homes where violence is expressed through intimidation, destruction, and fear—without a single hand ever being laid on them. A slammed door, a fist through the wall, a shattered plate, or a blocked exit can speak volumes. These acts send a chilling message: “You are not safe.”

Threats, frightening gestures, and destructive behavior can create fear and control without physical contact. Abuse doesn't have to leave a visible mark to be real. This form of abuse is just as damaging. It erodes peace, creates constant anxiety, and teaches victims to walk on eggshells. The body may remain untouched, but the heart and mind bear deep scars. Children who witness these moments learn fear instead of trust, silence instead of safety. Families fracture under the weight of invisible violence.

At FOCUS Ministries, we recognize that physical abuse is not always physical contact—it is the use of power and control to dominate, frighten, and silence. Through our Christ-centered programs, we help women name what's happening, understand that it is abuse, and begin to rebuild their lives in safety and truth.



1 in 8 Women Have Been Threatened with Physical Harm



- 12.4% of women in the United States, (about 1 in 8 women) have experienced an intimate partner threatening to physically harm them during their lifetime. Source: CDC, National Intimate Partner and Sexual Violence Survey, 2023/2024 data brief
- In a 2026 study of women aged 60+, 53.8% experienced IPV (intimate Partner Violence) after age 45, and about 25% were still in abusive relationships. Source: Violence Against Women, published in March 2026, conducted by Renee Garbe of Governors State University.

A STORY OF COURAGE: “ANITA’S SILENT BATTLE”

When Anita reached out to FOCUS Ministries, she said, “He’s never hit me, but I’m terrified.” Her husband punched walls, blocked doorways, and threw objects when angry. She learned to stay quiet, to shrink herself, to avoid conflict. The fear was constant.

Through counseling and support groups, Anita discovered that her experiences were valid—that intimidation and destruction are forms of physical abuse.

With guidance, prayer, and community, she found courage to set boundaries and seek safety for herself and her children. Today, she is healing, learning to breathe freely again, and helping others recognize the signs of abuse that leave no bruises.

When She Comes to You for Help: Practical Ways to Support Her

- **CORE SUPPORT: Listen Without Judgment.** Your gentle presence is what she needs in a calm, safe place to speak without fear of blame or pressure.
- **SENSITIVE TOPIC: Affirm Her Safety & Worth.** Fear and intimidation shake her identity; gentle truth restores stability.
- **EMPOWERMENT: Honor Her Autonomy – Support, Not Rescue.** Support should strengthen her choices—not replace them. Share resources (FOCUS Ministries, Domesticshelter.org, DV Hotline) but let her decide if/when to reach out.
- **SAFETY FIRST: Connect Her to Trained Support – Wise Guidance.** Professional advocates provide confidential, trauma-informed safety planning. Reinforce that seeking help is not a weakness; it is wisdom and courage.

Evelyn Colon

Victim Advocate for FOCUS Ministries, Inc.

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HOW YOUR SUPPORT MAKE FREEDOM POSSIBLE:

Your generosity allows FOCUS Ministries to respond to women like Anita with compassion and practical help. Because of your funding, we can:

- Provide free counseling and crisis support for women and families
- Offer educational workshops that teach churches and communities how to recognize abuse
- Maintain safe spaces and support groups where survivors find understanding and hope
- Equip women with resources for safety planning and emotional recovery
- Share faith-based materials that remind survivors of their worth and God’s love

Thank you for standing with FOCUS Ministries as we continue to shine light into the hidden corners of domestic violence and walk beside women and families on their journey toward restoration.

Every dollar you give helps transform fear into freedom. You help women realize that abuse isn’t defined by bruises—it’s defined by control, and it can be overcome through truth, support, and faith.

