

ISSUE 2 · JULY 2019

TURNING POINTS

News and Updates from Turning Point of Lehigh Valley



Gracias! Thank You! Grazie! شكرا!

Last month we took time to say thanks to all of the incredible people who have volunteered their time and talents at Turning Point over the past year. The event included great speakers, great food and inspiring stories shared around every table. Thanks again to all of our extraordinary allies and volunteers that help us serve those in crisis. We couldn't do it without you!



If you would like to help domestic violence survivors by becoming a Turning Point volunteer, [CLICK HERE.](#)

www.turningpointlv.org

24-hour Helpline: 610-437-3369

444 E. SUSQUEHANNA STREET, ALLENTOWN, PA 18103



The Gift of Freedom

July is a month in which we celebrate freedom. We take time to remember the courageous individuals who gave us the liberties we enjoy everyday. When it comes to domestic abuse, those who have not experienced intimate partner violence wonder why someone doesn't just leave a destructive relationship and free themselves from the one abusing them. Many people don't understand that achieving this freedom is always far more complicated than it seems. In this issue, Meghan Baker discusses the "Fear of Failure" that is one underlying reason why survivors find it so hard to simply walk away.

"Fear of Failure"

My name is Meghan and I stayed in my physically and emotionally abusive marriage because I thought it was my responsibility to fix my abusive husband and keep our family together. As a survivor, I can now see that I risked my life because I feared others would think I had failed as a mom and a wife. Abuse victims are strong, intelligent, and focused. Like many individuals they may initially view their intimate relationship as proof of a personal achievement or milestone. Chances are they have invested, on a daily basis, a great deal of their emotions, responsibilities and finances into the stock of their relationship. In turn, they may feel as though they stand to lose quite a bit of themselves and their social status if that milestone fails to succeed. In this example, the Fear of Failure alone will guide the victim toward secrecy. They may no longer see "leaving the abuser" as a viable option. In doing so, the Fear of Failure eliminates the opportunity to seek help from family members, professional services, or the like. As an alternative, the abuse victim may withdraw from close family and friends and focus their efforts on protecting themselves by privately attempting to help or "fix" the abuser. More often than not it will prove to be dangerous and the victim will be subjected to further abuse. Ultimately, abuse victims that stay in abusive relationships due to Fear of Failure may continue to endure the mental and physical abuse until the moment they can't withstand it any longer. This moment is known as the breaking point. Let's help those who need it before they reach their breaking point.

[Upcoming Events--Click here](#)

The mission of Turning Point of Lehigh Valley is:
To Eliminate domestic violence in the Lehigh Valley through Empowerment, Education, and Engagement.

An Incredible Day of Caring

On Thursday, June 20th, the United Way of Lehigh Valley sponsored their annual "Day of Caring". The 27th annual Day of Caring brought together energetic volunteers to complete 60 community service projects throughout the Greater Lehigh Valley. Turning Point was honored to host some of those volunteers from PPL and Air Products. The Home Depot on Lehigh St. also participated by donating landscaping materials. We want to thank those individuals who worked incredibly hard to make this event a great success.



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Stay connected to Turning Point all month long.



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