



**STOP THE CYCLE OF ABUSE**

**PROTECT**  
**YOURSELF**  
**FROM YOUR**  
**ABUSER**

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*Take back your life. You deserve more than the abuse you've experienced.*  
- Mannette Morgan

Speaker - Survivor of Abuse - Author  
**Finding Your Voice**



# TAKE PRECAUTIONS TO PROTECT YOURSELF!

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It is important to protect yourself from an abuser that monitors you and your actions. I have heard many stories of victims that are stalked and their privacy is violated by the ones that say they love them. If you are in an extremely controlling or dominating situation and your abuser has access to your computer or phone, please hear my warning and take precautions to protect yourself. Some abusers will do anything to control you and your life.

If you are ready to leave your abusive situation, you are going to need help which will likely include doing research for resources. You will need to make a plan. You may need a support group, a therapist, books, an organization for victims of abuse, or even a lawyer. You will need to protect yourself and the information you are researching. If you are in an abusive relationship, take the precautions below.

You will want to use a browser like [Duck-Duck Go](#) to search information. If not, be sure and erase your search history. It would be wise to educate yourself on how to reduce or omit your search engine history at [WikiHow](#) for tips on how to keep your abuser from tracking you and the information you search.

The following are just a few helpful links in WikiHow:

- [How to Erase Google Search History](#)
- [How to clear your browser's Cache](#)
- [How to clear your browser's cache on an iPhone](#)

## Stay Safe and Stay Well