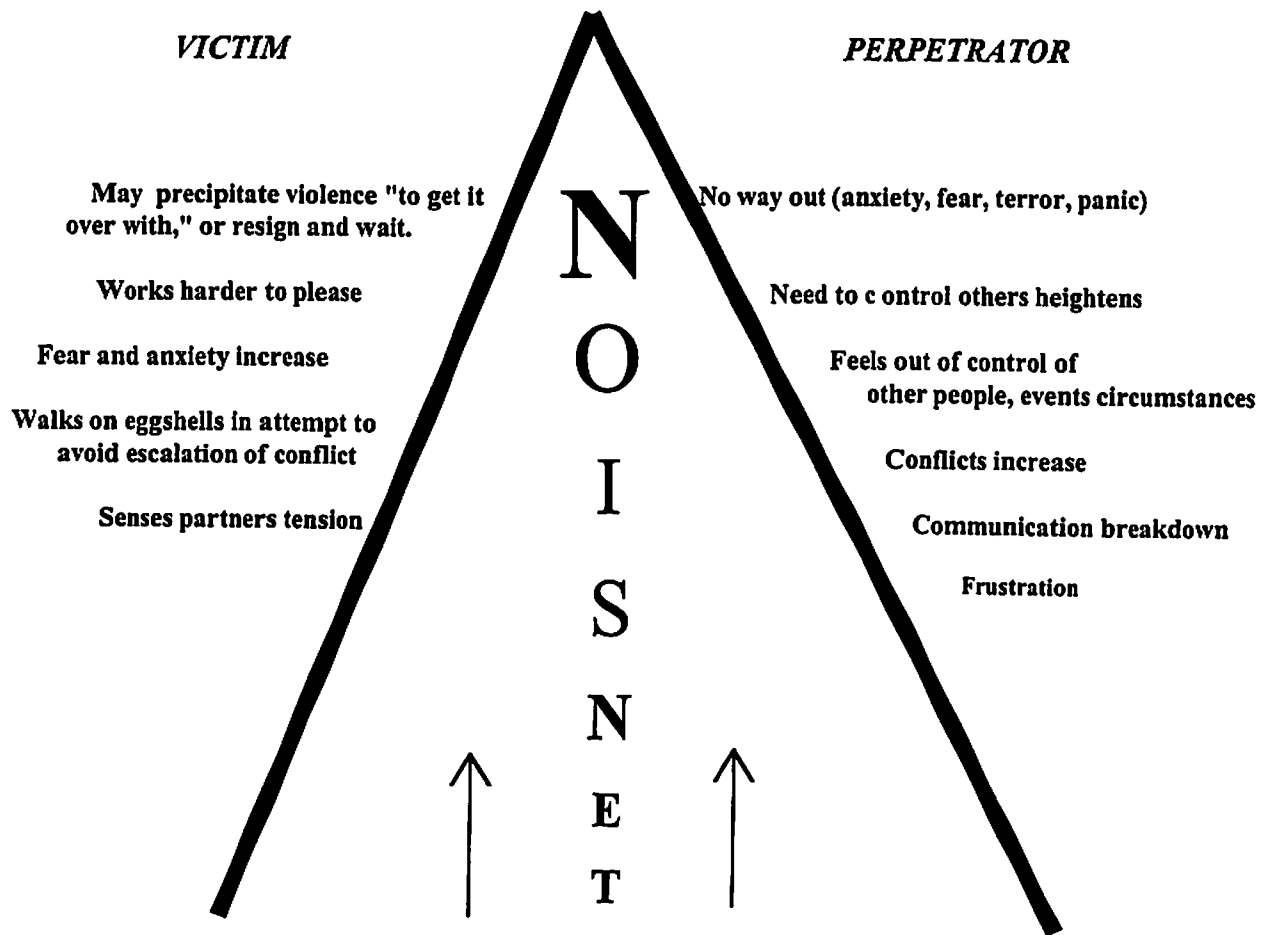


CYCLE OF VIOLENCE

TENSION BUILDING PHASE



Printed with permission of Women in Transition, Inc., Philadelphia, PA
Adapted by Tucson United Against Domestic Violence, A subcommittee of the Southern Arizona Task Force on Domestic Violence, Tucson, Arizona.

Handouts Provided by Women's Center & Shelter of Greater Pittsburgh
Education Dept. (412) 687-8017 X 335

Key: Perpetrators **BOLD Type**
Victim: Standard Type

Terrorized and intimidated
into doing or being what
perpetrator demands.

Reduced to basic survival
needs.

Defends self (and children) by: fighting back,
denying reality of danger, pain and destructiveness,
dissociating or leaving.

EXPLOSION

RAGE

VIOLENCE (Physical or verbal assault)
Blames partner for abusive behavior

Power, Control & relief at any cost

Partner becomes target

The cycle can cover a long
or short period of time. The
violence usually gets worse
without intervention

HONEYMOON PHASE

VICTIM

Minimizes violence,
Shares responsibility for violence *

Believes promises and builds
expectations for change even though
there is no true effort to make changes.
(False hope & false expectations) *

Represses hurt, anger, fear, resentment
anxiety. *

Safety not a priority
saving the relationship is.

Maximizes remorse, attentiveness and
temporary calm in effort to give partner
"One more chance."

PERPETRATOR

Remorse, guilt Anxiety

Promises:

"I'll never do it again"

* "I'll get help"

* "I'll stop drinking"

* *Makes partner special:*

* "You're the only one
who understands me."

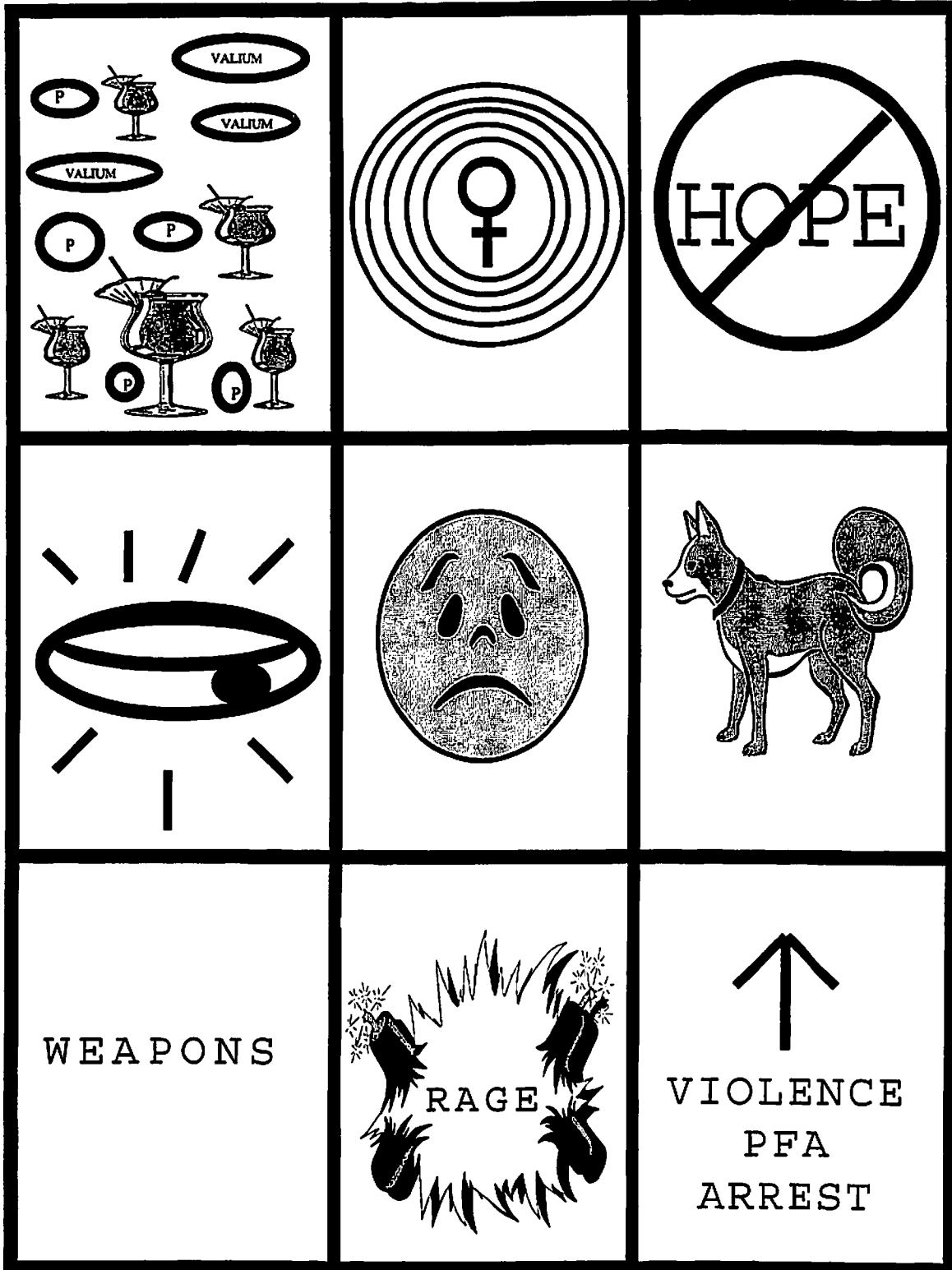
* "I can't live without you"

* *Gifts, loving attention*

* Goes on as if abuse was not
dangerous or had not
occured.

The "Honeymoon" Phase may not occur at all, and may
diminish over time. Everyone goes on as if abuse hasn't
happened and was not dangerous.

LETHALITY ASSESSMENT



POSSIBLE SYMPTOMS IN CHILDREN WHO WITNESS THEIR MOTHER'S ABUSE

- √ **sleeplessness, fears of going to sleep, nightmares, dreams of danger**
- √ **headaches, stomachaches**
- √ **anxiety about being hurt or killed, hypervigilance about danger**
- √ **fighting with others, hurting other children or animals**
- √ **temper tantrums**
- √ **withdrawal from other people and activities**
- √ **listlessness, depression, little energy for life**
- √ **feelings of loneliness and isolation**
- √ **substance abuse**
- √ **suicide attempts or engaging in dangerous behavior**
- √ **fears of going to school or separating from mother, truancy**
- √ **stealing**
- √ **frozen watchfulness or excessive fear**
- √ **acting perfect, overachieving, behaving like small adults**
- √ **worrying, difficulties in concentrating and paying attention**
- √ **bed-wetting or regression to earlier developmental stages**
- √ **eating problems**
- √ **medical problems like asthma, arthritis, ulcers**
- √ **denial of any problem or dissociation**
- √ **identification with aggressor**

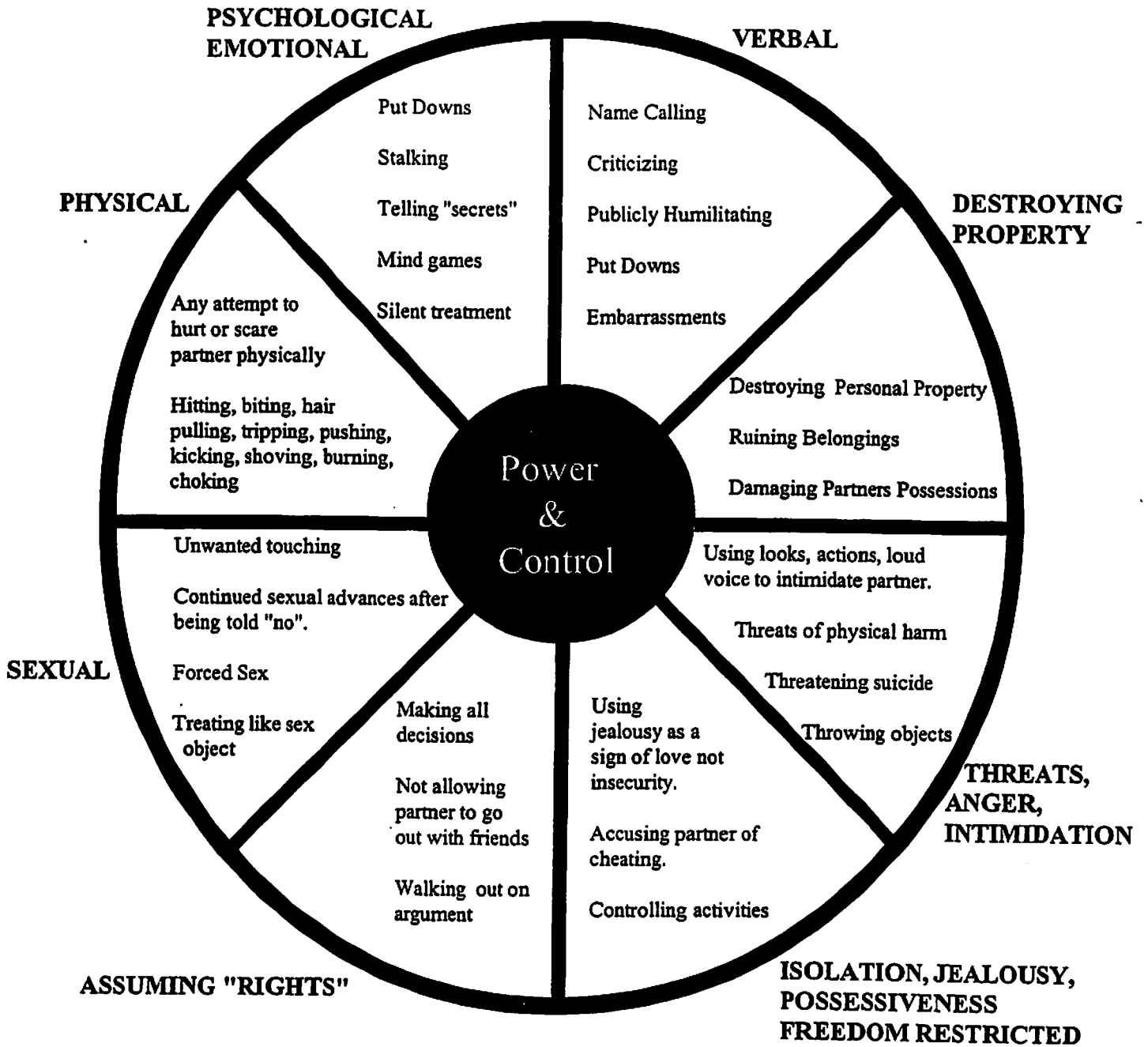
Jones, A., and Schechter, S., 1992. *When Love Goes Wrong: What to Do When You Can't Do Anything Right*. NY: Harper Collins

HAND OUT PROVIDED BY:

**Women's Center & Shelter of Greater Pittsburgh, P.O. Box 9024, Pittsburgh, PA 15224,
Education Dept., (412) 687-8017 X363**



POWER AND CONTROL WHEEL



Adapted from the Domestic Abuse Intervention Project, Duluth, MN
 Handout provided by Women's Center & Shelter of Greater Pittsburgh
 Hotline 412-687-8005 Education Dept. 412-687-8017 X335

Are You A Victim?

PHYSICAL

Does your partner

- push or shove you?
- hold you to keep you from leaving?
- slap or bite you?
- kick or choke you?
- throw objects at you?
- lock you out of the house?
- abandon you in dangerous places?
- refuse you help when you are sick?
- subject you to reckless driving?
- rape you?
- threaten you with weapons?

SEXUAL

Does your partner

- tell jokes or make demeaning remarks about your sex?
- treat you as a sex object?
- get overly jealous?
- accuse you of affairs?
- insist that you dress in a more sexual way than you want to?
- criticize you sexually?
- insist on unwanted and uncomfortable touching?
- minimize the importance of your feelings about sex?
- withhold sex and affection?
- call you sexual names like "whore" and "frigid"?
- force you to have sex when you don't want to?
- publicly show sexual interest in others?

EMOTIONAL

Does your partner

- ignore your feelings?
- ridicule or insult your sex as a group?
- ridicule or insult your most valued beliefs, your religion, race, heritage, or class?
- withhold approval, appreciation, or affection as punishment?
- continually criticize you, call you names, shout at you?
- insult your family or friends?
- humiliate you in public or in private?
- refuse to socialize with you?
- make all decisions for you, control your actions?
- threaten to hurt you?
- tell you about other romantic involvements?
- act jealous and harassing about imagined romantic involvements between you and others?
- manipulate you with lies and contradictions?

DO YOU

- fear your partner?
- doubt your own judgement?
- express your opinion less and less?
- fear you will do "the wrong thing"?
- see friends less and less frequently?
- feel less confident of your abilities?
- feel less attractive?
- feel sexually ashamed?
- feel that no one else would want you?

WHY DO VICTIMS STAY IN AN ABUSIVE RELATIONSHIP?

When people realize that domestic violence is occurring in the lives of friends or family, the first reaction is often, "Why don't they just leave?" It seems so simple to an observer, but to the victim there are many reasons for staying in the relationship despite the abuse. Relatives and friends must recognize these reasons in order to better understand their situation.

1. They love their partner.
2. They may think they are the only one who can help them.
3. The victim may believe that all intimate partners are abused, so why leave?
4. They may think they are the only one abused and is embarrassed to admit to the abuse.
5. The abuser threatens to kill the victim, to kill others and/or him/herself if they leave.
6. Economics: the victim may not think they can support him/herself and/or children.
7. They want to protect the image of the "perfect" family or "perfect" relationship.
8. They have no other support system available (friend, family, etc.)
9. They think they will change.
10. They do not realize that they have the right NOT to be abused.
11. They want to end the abuse, not the relationship.
12. They fear being alone.
13. They came from an abusive home so the violence seems natural.
14. They think it's their fault.
15. Because of religious or cultural beliefs.
16. Because of the children.
17. They have low self-esteem.
18. They have nowhere to go.
19. They are afraid or feel too powerless to leave.
20. They feel the relationship is their responsibility and they have to fix it.
21. They're not always abusive, they can be very loving at times.
22. They are unaware of the resources that are available.
23. They may think that legal help is too expensive or too complicated.
24. They still love their partner.

CHECKLIST FOR IDENTIFYING ABUSIVE PATTERNS IN RELATIONSHIPS

The following checklist is intended to help determine whether or not you feel your relationship is abusive. Answering "yes" to any of the questions is not proof that your partner or lover is abusive. However, these questions might help you to identify abusive patterns. If you answer several questions "yes" you may want to talk with someone about your experience.

- Are you afraid of your lover/partner?
- Has he/she ever physically assaulted or claimed to have assaulted any other partner/lover?
- Have you ever been sexually violated by them?
- Does he/she deliberately humiliate you during sex?
- Does he/she threaten you with physical harm if you do not behave in a way they approve of?
- Does he/she isolate you from friends, family, and/or ex lovers?
- Do you attempt to pacify your partner/lover, monitor your behavior censor your speech?
- Does he/she ask/instruct you to do things that you do not want to do that are against your moral code?
- Do you feel degraded, insignificant, powerless, and/or worthless? Is everything you do dependent on your lover/partner's approval?
- Has your personality, ability to communicate openly, sense of self-confidence, altered to your detriment since the relationship began?
- Does he/she often overreact to minor events?
- Has he/she ever physically assaulted you?
- Does he/she ever restrain your movements – either through physical force or emotional blackmail?
- Has he/she ever threatened to injure or kill you if you leave them?
- Have you ever lied about physical harm inflicted on you by your lover/partner?
- Does loving them make you hate yourself?
- Are you prevented from leaving the relationship by financial dependency or joint ownership of property? Can you discuss this with him/her?
- Have you ever called the police in order to protect yourself? Have you ever wanted to?
- Are you uncomfortable with allowing your friends to visit your shared home?
- Does he/she control the relationship? State the terms of the relationship?
- Has he/she ever threatened or harmed your friends, your pets or your possessions?
- Have you become reliant on drugs or alcohol since entering the relationship? Does your partner control your intake of drugs or

- alcohol or actively encourage you to take things, which they know will harm you?
- Have your eating habits changed to your detriment? Have you lost a considerable amount of weight? Do you find that you eat to console yourself? Does your lover control your diet? Does he/she continually criticize your appearance?
 - Does he/she criticize your intellectual abilities – publicly and/or privately?
 - Does he/she screen your phone calls, and/or read your letters or diaries?
 - Does he/she continually monitor your time and make you account for every minute (when you run errands, visit friends, commute to work, etc.?)
 - Does he/she ever accuse you of having affairs or act suspicious that you are?
 - Has he/she ever been rude to your friends?
 - Does he/she discourage you from starting friendships with other people?
 - Does he/she demand a strict account of how you spend money?
 - Do his/her moods change radically, from very calm to very angry, or vice versa?
 - Has he/she ever given you visible injuries such as welts, bruises, cuts, lumps on the head, etc.?

SOURCE:

Taylor, Joelle & Chandler, Tracey. (1995) : Lesbians talk: Violent relationships. London England: Scarlet Press

POTENTIALLY DANGEROUS CHARACTERISTICS

These behaviors may be warning signs that your partner is or is likely to become abusive.

1. Did your partner grow up in a home where he or she was physically or psychologically abused as a child or where the adults experienced domestic violence?
2. Does your partner use violence or force to solve his/her problems?
3. Does your partner abuse alcohol or other drugs?
4. Does your partner act like a bully?
5. Does your partner have rigid ideas about what men and women should be like?
6. Does he or she have guns, knives, or other lethal weapons?
7. Does your partner expect you to follow his/her orders or advice?
8. Does your partner unexpectedly go from being very happy to very angry?
9. Do you always feel as if you can't do anything right for her/him?
10. Is your partner jealous when you spend time with friends?
11. When your partner gets angry, are you afraid of him or her?
12. Does she or he treat you roughly?
13. Do you feel threatened by him or her?
14. Does she/he control your clothing, social life, money, activities, etc?

ASSESSING WHETHER BATTERERS WILL KILL

Some batterers are life-endangering. It is possible to evaluate whether an assailant is likely to kill his/her partner, other family members, and/or police personnel.

The following are indicators to be used in making an assessment of a batterer's potential to kill:

1. Threats of homicide or suicide. The batterer who has threatened to kill self, the children, or victims relatives, must be considered extremely dangerous.
2. Fantasies of homicide or suicide. The more the batterer has developed a fantasy about who, how, when, and/or where to kill, the more dangerous he/she may be. The batterer who has previously acted out part of a homicide or suicide fantasy may be invested in killing as a viable "solution" to his/her problems.
3. Depression. When a batterer has been acutely depressed and sees little hope for moving beyond the depression, he/she may be a candidate for homicide and suicide.
4. Weapons. When a batterer possesses weapons and has used them or threatened to use them in the past in his/her assaults on the victim, the children, or themselves, his/her access to those weapons increases his/her potential for lethal assault.
5. Obsessiveness about partner or family. A batterer who is obsessive about his/her partner, who either idolizes and feels he/she cannot live without them, or believes that he/she are entitled to that person no matter what because he/she are his/her intimate partner, is more likely to be life-endangering.
6. Centrality of the intimate partner. If the loss of the intimate partner represents or precipitates a total loss of hope for a positive future, a batterer may choose to kill.
7. Rage. The most life-endangering rage often erupts when a batterer believes that the victim is leaving the relationship.
8. Alcohol or other drug consumption. Consumption of alcohol or other drugs when in a state of despair or fury can elevate the risk of lethality.
9. Pet abuse. Those batterers who assault and mutilate pets are more likely to kill or maim family members.
10. Access to the battered partner and/or family members. If the batterer cannot find the partner, he/she cannot kill them.

If it is concluded that a batterer is likely to kill or commit life-endangering violence, extraordinary measures should be taken to protect the victim and children. These must include exercise of all possible powers regarding bail, conditions on bail, and other protection available for victims, as well as referrals and follow-up. the victim should be advised that the presence of these indicators may mean that the batterer is contemplating homicide and that the victim should take immediate action to protect him/herself and should contact the local domestic violence program to further assess lethality and make safety plans.

Handout provided by Women's Center & Shelter of Greater Pittsburgh -Hotline # 687-8005
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