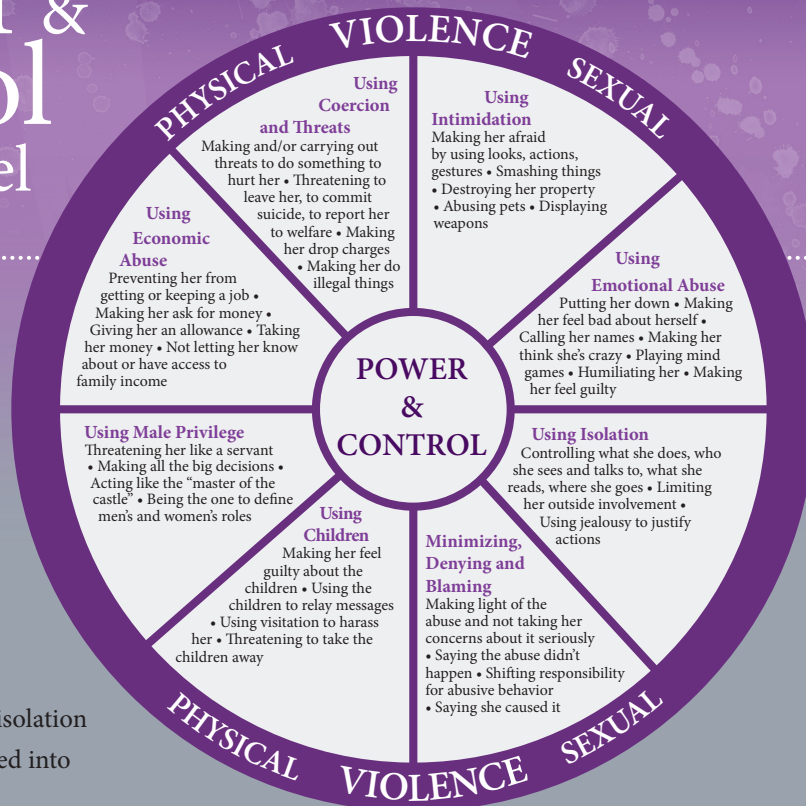


The Power & Control Wheel



- Physical abuse never takes place in isolation
- Abusive behaviors can be constructed into a wheel
- Physical violence is part of a system of abusive behaviors, the purpose of which is to maintain power and control over the partner in the relationship
- At the heart of the wheel is power and control. This is the motivation behind the abuse to ensure that the batterer remains in control of how the partner thinks, feels and behaves
- Physical abuse is the behavior that most people see as "the problem." It is the element of abuse that is most easily identified and is often the only form of abuse that is illegal

- The wheel contains a variety of behaviors or tactics, which the abuser uses to gain control
- Not all forms of abuse are used in every relationship. The abuser may switch tactics often to keep the victim on the defensive
- When the victim learns to respond to one type of attack, the batterer may change strategies
- Eventually the struggle may become so exhausting that the victim begins to modify his or her behavior, giving up control, in order to avoid further abuse

All text taken from the Domestic Abuse Intervention Services Volunteer Training Manual, July 1999
 Credit: DOMESTIC ABUSE INTERVENTION PROJECT: 202 E. Superior Street, Duluth, MN 55802, 218-722-2781
 www.theduluthmodel.org

For more information call 800.543.9220 or visit www.givebackasmile.com.

Brightly
truthfully



soulfully
we help bring it out.

Cause and Effects of Domestic Violence

Recognizing what the survivor you will be helping has experienced.



Charitable
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Give Back a Smile

Cause and Effects of Domestic Violence

The following information will help you to recognize what the survivor you will be helping has experienced. It may provide insight to his or her world, shedding light on behaviors, past and present. Please review carefully.

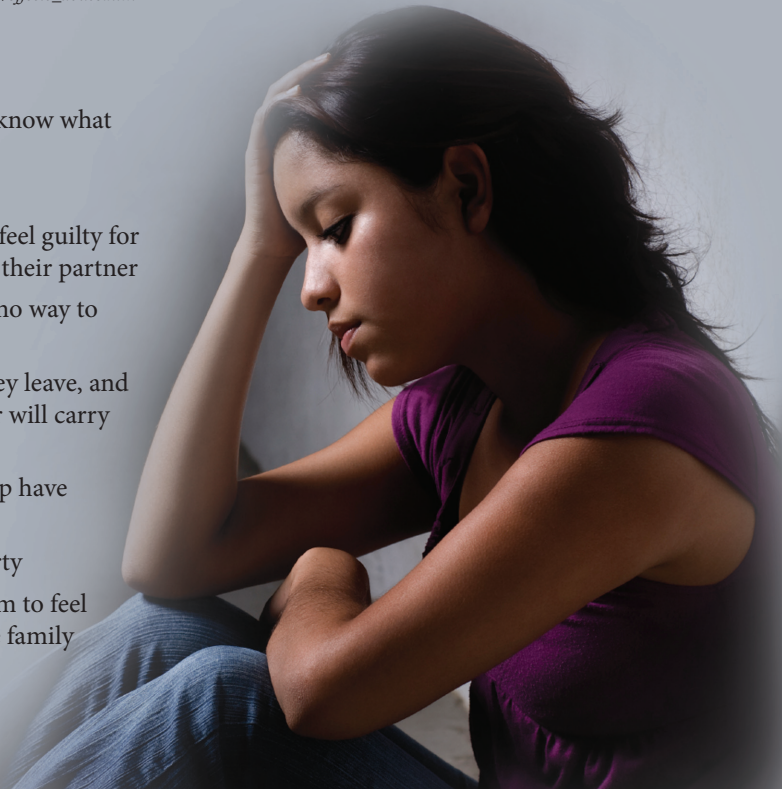
Potential Long-Term Emotional and Behavioral Effects of Domestic Violence

- Flashbacks and nightmares may occur long after the abuse has ended
- Depression and suicidal tendencies
- Loss of hope for the future
- Low self-esteem
- Inability to trust others
- Anxiety
- Inability to concentrate

Source: http://divorcesupport.about.com/od/abuserrelationships/p/effects_abuse.htm

Victims Stay Because...

- They still harbor some hope and/or do not know what else to do
- The abuser has promised to change
- The abuser feels hurt and makes the victim feel guilty for leaving. They are supposed to stand behind their partner
- They have no money, no one to help them, no way to earn a living, and no place to go
- The abuser has threatened to kill them if they leave, and they have every reason to believe the abuser will carry out this threat
- In the past, attempts to leave the relationship have resulted in more severe violence
- The alternative may be loneliness and poverty
- Their strong religious beliefs may cause them to feel guilty to leave the marriage, or break up the family
- Of the children



Cycle of Violence

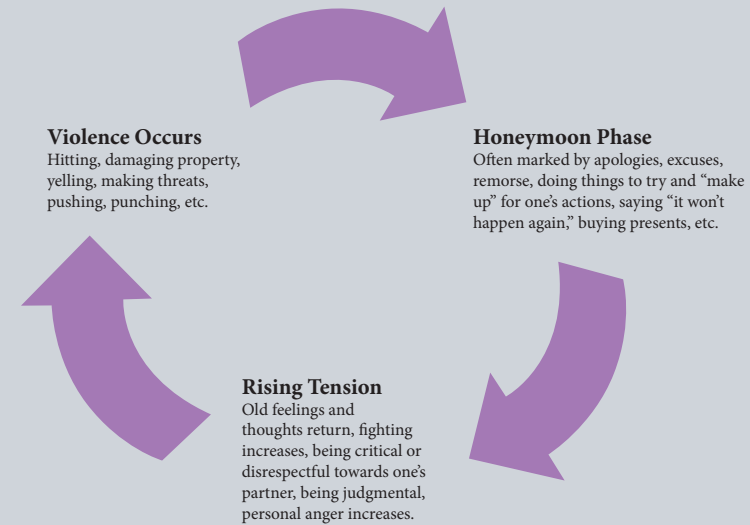


Image copied from: http://www.saskatoonhealthregion.ca/your_health/images/cycle_of_violence.jpg

Remember:

- Abuse is not random, it occurs within a system of behaviors designed to exert control
- Violence is not constant; there are three distinct phases in the cycle
- The three phases vary in time and frequency
- Violence increases in severity and frequency, if the cycle is not broken

Abuser

Tension Building

- Minor battering incidents occur including verbal and psychological abuse
- Abuser may be aware of own inappropriate behavior, but doesn't take responsibility
- Afraid that their partner will leave, jealousy and possessiveness increases with the hope that brutality will keep victim captive
- Frantic, more control. Abuser misinterprets partner's behavior, takes withdrawal as rejection
- Outside events can affect this stage
- Abuser feels uncontrollable

Victim

Tension Building

- Becomes nurturing, compliant, will stay out of the abuser's way
- Denies escalation of abuse and inevitability of serious incident
- Accepts the abuse. Believes that what they do can prevent the abuser's anger from escalating. They attempt to alter behavior as a way of providing safety
- Rationalizes abuse (everybody has marriage problems, etc.)
- Blames external factors, such as stress or alcohol
- Tension becomes unbearable. Stress-related illness is common. Victim may feel anxious, depressed, sleepless, fatigued, may over/under eat, or experience tension headaches

All text taken from the Domestic Abuse Intervention Services Volunteer Training Manual, July 1999