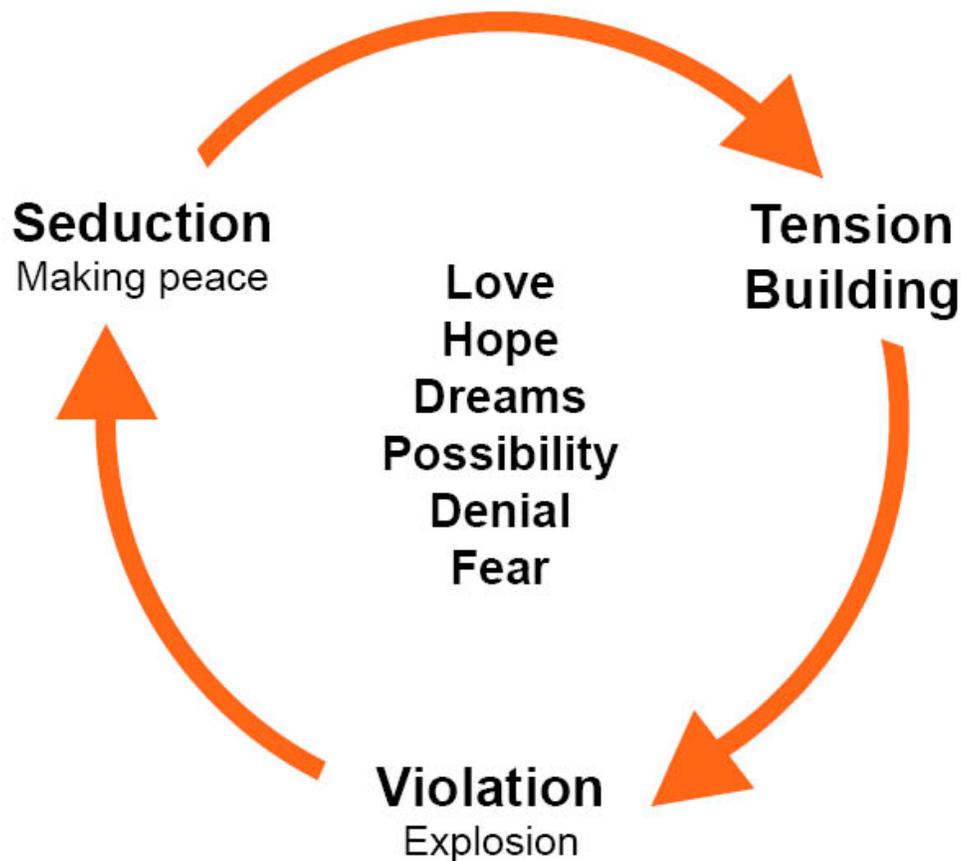


Domestic Violence is...

Any pattern of behaviors that attempts to control a partner or family member through the use of fear, manipulation, isolation, intimidation, physical abuse, sexual abuse and/or verbal abuse. Its sole purpose is to establish power and control over another person.

Cycle of Violence



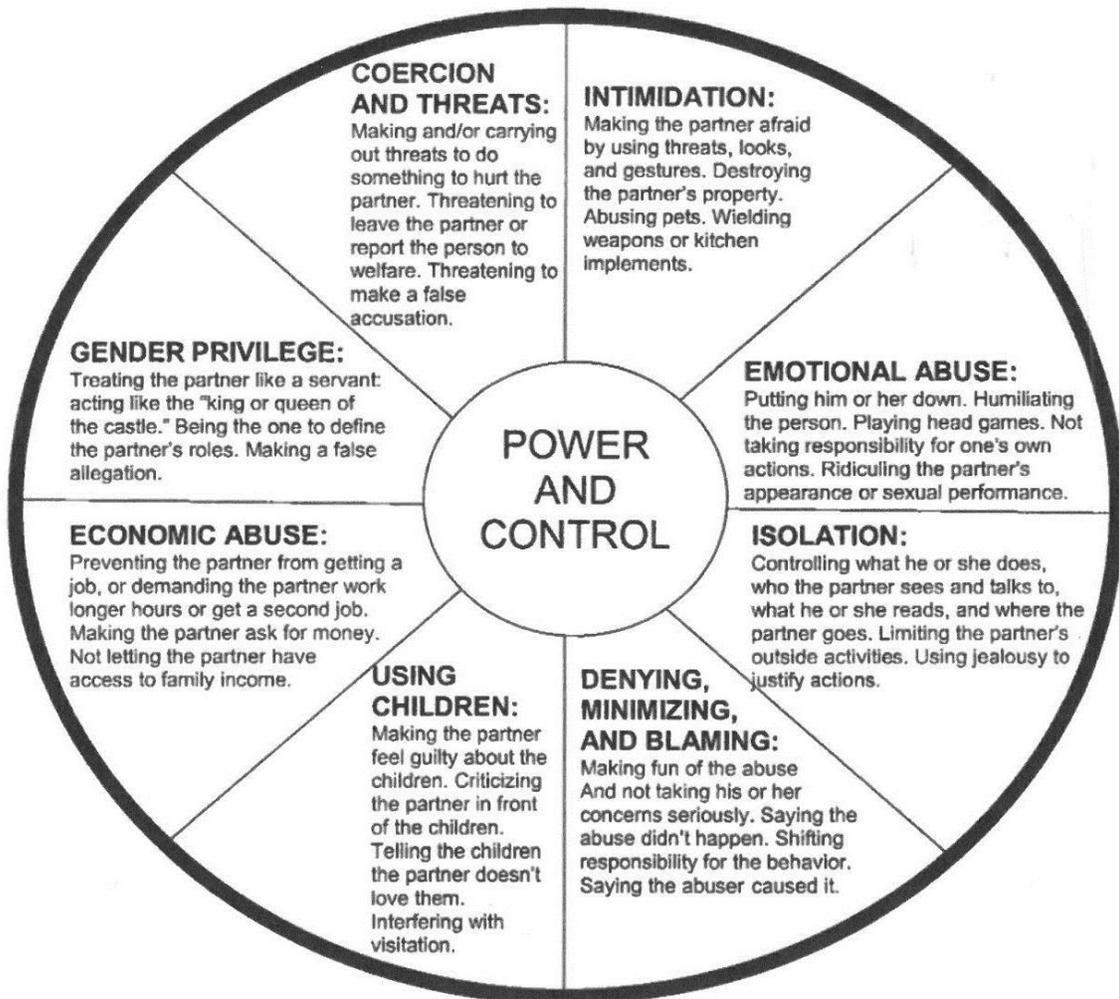
Seduction/Making Peace - gifts, reconciliation, physical affection, attention, promises, or apologies. “I’m sorry.” “It won’t happen again.” “It will be different this time.”

Tension Building - a period of increasing pressure, mood swings, irritability, demands, and emotional withdrawal. This phase may feel like “walking on eggshells.”

Violation/Explosion - when the abusive outbursts occur – not always physical but extremely painful all the same. Promises are broken; threats are carried out.

POWER & CONTROL WHEEL

Domestic abuse may include physical and sexual violence, but those behaviors are rarely found without other forms of abuse. Verbal and emotional abuse, financial control, isolation, manipulation, threats, and intimidation are all common, though they may be more difficult to identify.



Original Power and Control Wheel developed by:
Domestic Abuse Intervention Project
202 East Superior Street
Duluth, MN 55802

Adapted by:
SAVE: Stop Abusive and Violent Environments
Technical assistance - Training - Education
P.O. Box 1221
Rockville, MD 20849
6/24/09

Does your partner or the partner of someone you know practice these behaviors?

Quick involvement

Wants a commitment early

Isolation

Cuts partner off from others

Blames others for problems

Everything is always someone else's fault

Minimizes or denies behavior

Makes light of his/her hurtful actions or denies doing anything wrong

Gets upset easily

Little things affect his/her mood

Controlling behavior

Wants to control partner, subtly or otherwise

Restricts access to money / finances

Limits access to money or resources

Partner is always wrong

Repeatedly tells partner why he/she is wrong

Speaks disrespectfully of opposite gender

Including women/men on TV, past relationships, etc.

Says hurtful things

Is critical and/or calls partner names

Expects perfection

Leaves no room for mistakes

Sudden mood changes

Switches from loving to mad in minutes

Makes threats

Apologizes later or says he/she was just teasing and didn't mean it

Cruel to children and animals

Excessive punishment or torture

Unreasonable expectations of children

Teases them to the point of tears

Inappropriate sexual demands or expectations

Inappropriate sexual demands

"Behind closed doors"

Treats partner differently in public than *behind closed doors*

If so, call the YWCA Crisis & Information Line at 1-800-334-4628 for more information

Remember...

- It's not your fault.
- No one deserves to be hurt, emotionally or physically.
- You are not alone. Domestic abuse can and does, unfortunately, touch many lives like yours.

Other resources:

- Sexual Assault Center: (615) 259-9055
- Legal Aid Society of Middle TN: 800-283-1443
- Metro Police Domestic Violence Division: (615) 880-3000 (before 10 p.m.)
- Jean Crowe Advocacy Center: (615) 862-4767