UNDERSTANDING THE CYCLE OF VIOLENCE

TENSION BUILDING

VICTIM'S RESPONSE

- · Attempts to calm partner
- Nurturing
- · Silent or talkative
- Stays away from family and friends
- · Keeps children quiet
- Agrees
- Tries to reason
- Cooks partner's favorite dinner
- General feeling of walking on eggshells

BATTERER

- Moody
- Withdraws affection
- Put-downs
- Yelling
- · Drinking or drugs
- Threatens
- Destroys propertyCriticizes
- Sullen
- · Crazy-making

Nitpicking

- - DENIAL
 - Minimizing the abuse, acting as if it did not happen, or acting

as if it will never happen again.
This perpetuates the
cycle of violence

ACUTE EXPLOSION

BATTERER

- Hitting
- ChokingHumiliating
- Imprisonment
- Rape
- Use of weapons
- Beating
- Verbal abuse
- Destroys property

VICTIM'S RESPONSE

- Protects self any way they
- Police called by self, children or neighbor
- Tries to calm batterer
- Tries to reason
- · Fights back
- Leaves

HONEYMOON

BATTERER

- "I'm sorry" or begs for forgiveness
- · Promises to get counseling / go to church / AA
- · Sends flowers or presents
- . "I'll never do it again"
- · Wants to make love
- Declares love
- Enlists family support
- Cries

VICTIM'S RESPONSE

- · Agrees to stay
- Returns or takes batterer back
- · Attempts to stop legal proceeding
- Sets up counseling appointments for batterer
- · Feels happy or hopeful

EQUALITY WHEEL

NONVIOLENCE

NEGOTIATION AND FAIRNESS

Seeking mutually satisfying resolutions to conflict

accepting change
being willing to

compromise.

ECONOMIC PARTNERSHIP

Making money decisions together • making sure both partners benefit from financial arrangements.

NON-THREATENING BEHAVIOR

Talking and acting so that she feels safe and comfortable expressing herself and doing things.

RESPECT

Listening to her nonjudgmentally • being emotionally affirming and understanding • valuing opinions.

EQUALITY

SHARED RESPONSIBILITY

Mutually agreeing on a fair distribution of work • making family decisions together.

COALITI

TRUST AND SUPPORT

Supporting her goals in life • respecting her right to her own feelings, friends, activities and opinions.

RESPONSIBLE PARENTING

Sharing parental responsibilities • being a positive non-violent role model for the children.

HONESTY AND ACCOUNTABILITY

Accepting responsibility for self • acknowledging past use of violence • admitting being wrong • communicating openly and truthfully.

Developed by Domestic Abuse Intervention Project Duluth, MN



Helping people change direction.

NONVIOLENCE

POWER AND CONTROL WHEEL

COERCION & THREALS

Making and/or carrying out threats to hurt you; Threatening to transfer or leave school; Threatening to commit suicide; Making you do illegal activities; Forcing you to drink alcohol or use illicit drugs against your will.

Treating you like you are inferior or his/her subordinate; Making all the big decisions; Defining and requiring rigid gender roles.

EMOTIONAL ARUSE

Putting you down; Not letting you study or do assignments; Keeping you up all night before an exam; Calling you names; Making you feel guilty for things that are not your fault.

ISOLATION

Deleting contacts
from your phone/email;
Keeping you from
roommates, family, and friends,
Stopping you from joining
organizations or clubs;
Encouraging you stay with him/her
over breaks; Using jealousy to
justify his/her actions.

Making you afraid by using

Destroying your books,

work, computer, etc;

Displaying weapons;

Sharing plans to

pets/children.

harm you/others, threatening

looks, actions, and gestures:

INLIMIDALION

COLLEGE POWER ECONOMIC ABUSE & CONTROL

Controlling how you spend your money; Having you pay his/her tuition, rent, etc.; Controlling your financial aid, personal income, flex, meal plan' CrimsonCash, etc.

USING TECHNOLOGY

Demanding passwords to online accounts; Texting/calling you constantly; Monitoring your social network sites; Using tracking systems, GPS, and/or spyware to monitor your activity.

MINIMIZING, DENYING, E BI AMING

Blames you for the abuse
("If you wouldn't ___ I wouldn't
hit you"); Denies abuse is taking
place; Minimizes extent of abuse
("I don't hit you, that's real
abuse, not yelling")