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.

The 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.

The Power and 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

Coercion & Threats:

Making and/or carrying out threats to hurt the partner; threatening to leave the partner or report the person to welfare; threatening to make a false accusation

Using Privilege:

Treating the partner like a servant; making all the big decisions; forcing the partner into roles; using privilege to discredit their partner or put them in danger; cut off access to resources; use systems against their partner

Economic Abuse:

Preventing the partner from getting a job or demanding they work longer hours or get a second job; making the partner ask for money; not letting the partner have access to family

Using Children:

Making the partner feel guilty about the children; criticizing the partner in front of the children; telling the children the partner does not love them, interfering with visitation

Intimidation:

Making the partner afraid by using threats, looks, and gestures; destroying the partner's property; abusing pets; showing weapons or kitchen implements

Emotional Abuse:

Putting the partner down; humiliating the person; playing mind games; not taking responsibility for one's own actions; ridiculing the partner's appearance or sexual perfomance

Isolation:

Controlling what the partner does, who they see and talk to, what they read, where they go; limiting the partner's outside activities; using jealousy to justify actions

Making fun of the abuse and not taking the partner's concern's seriously; saying the abuse did not happen; shifting responsibility for the behavior; saying the victim caused it

Denying,

Minimizina.

& Blaming:

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income



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