

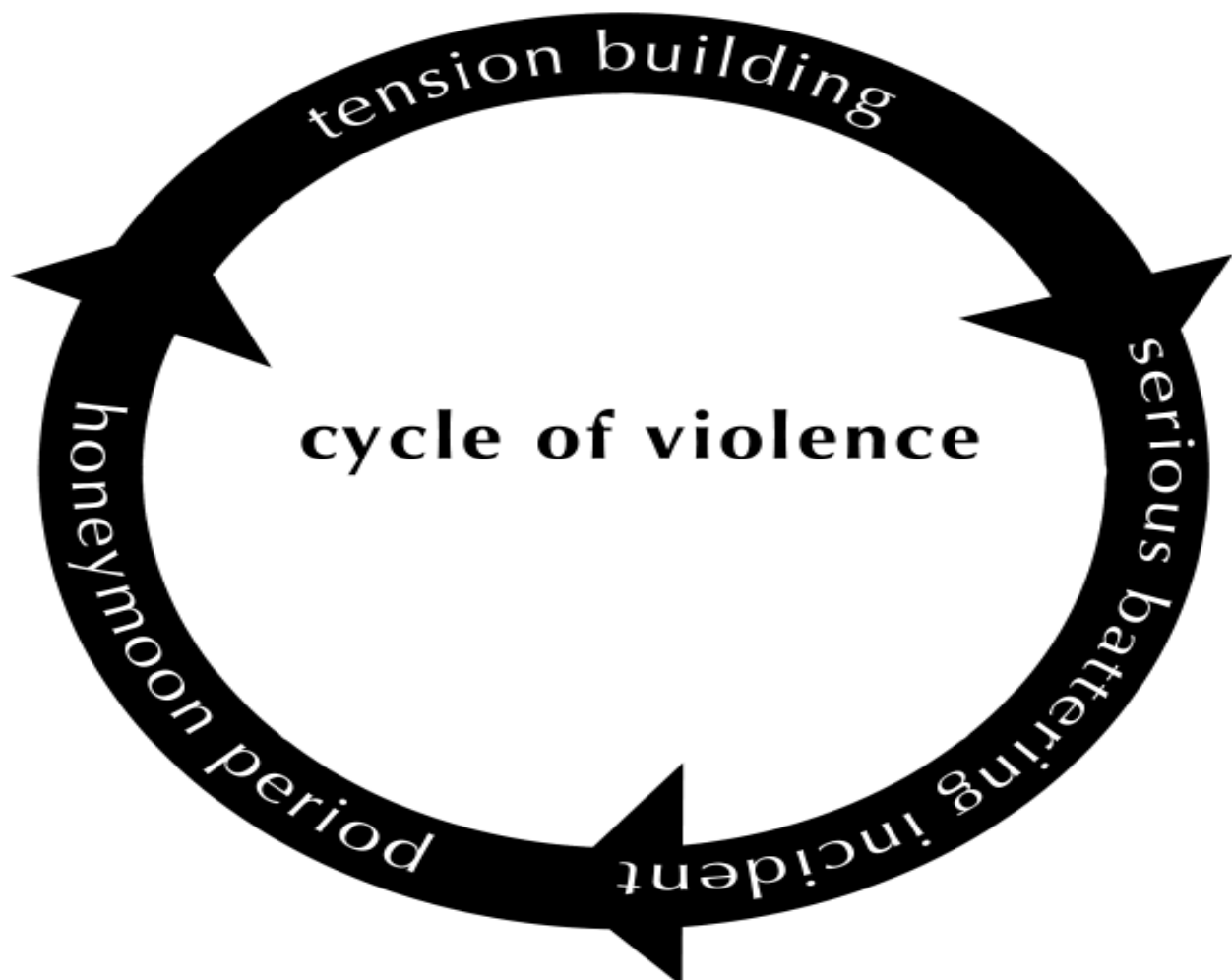
The cycle of violence:

This cycle typically moves through three phases and continuously repeats this pattern. The more times the cycle is completed the less time it takes to complete. As the cycle is repeated, the violence usually increases in frequency and severity.

The **Tension Building** period feels like walking on eggshells. Nothing is right. There is no way to predict what the abuser wants. While there may not be physical violence (or at least physical violence is minimal), there is emotional abuse, intimidation and threats. Fear of violence is often as coercive as violence itself.

VIOLENCE This is the actual violent episode. It includes physical, emotional or sexual abuse. **A CRIME IS COMMITTED!**

The **"HONEYMOON"** period is when the abuser acts differently after violent episodes. Some ignore or deny the violence. Some blame the "anger" on something you said or did. Some fear losing you and act genuinely sorry. This phase is often called the "honeymoon" period. The abuser will try to make up for his/her violence by acting sorry, sending flowers, buying presents, help around the house, spend time with children, go to church, get counseling or make promises. The abuser may see pity. It's important to realize that the honeymoon is an attempt to draw you back into the relationship. This phase is never a real "HONEYMOON".



Are you in danger of being abused?

Are you in danger? Do you need protection from violence for yourself and/or your child(ren)? Answer the following questions:

1. Has the abuser ever hit, pushed, choked, bitten, kicked or hurt you or your child(ren)?
2. Has the abuser threatened to kill you, your child(ren) or your pets?
3. Does the abuser own any weapons such as guns or knives?
4. Has the abuser ever threatened you or your child(ren) with a weapon?
5. Has the violent behavior become more frequent or worse recently?
6. Does the abuser have fits of rage?
7. Is the abuser obsessed with you?
8. Does the abuser stalk you?
9. Is the abuser mentally ill?
10. Does the abuser use drugs or alcohol?

If you answered "yes" to any of these questions, you may be in serious danger and need an "Order of Protection, call or come by Legal Aid Society.

The Clarksville Legal Aid Society office serves the following counties:

Cheatham
Dickson
Houston
Humphreys
Montgomery
Robertson
Stewart

Note: This information cannot take the place of advice from a lawyer. Each case is different and needs individual legal advice.

The Power and Control Wheel

Physical abuse never takes place in isolation. It is part of a whole system of abusive behaviors, the purpose of which is to maintain power and control over the partner in the relationship.

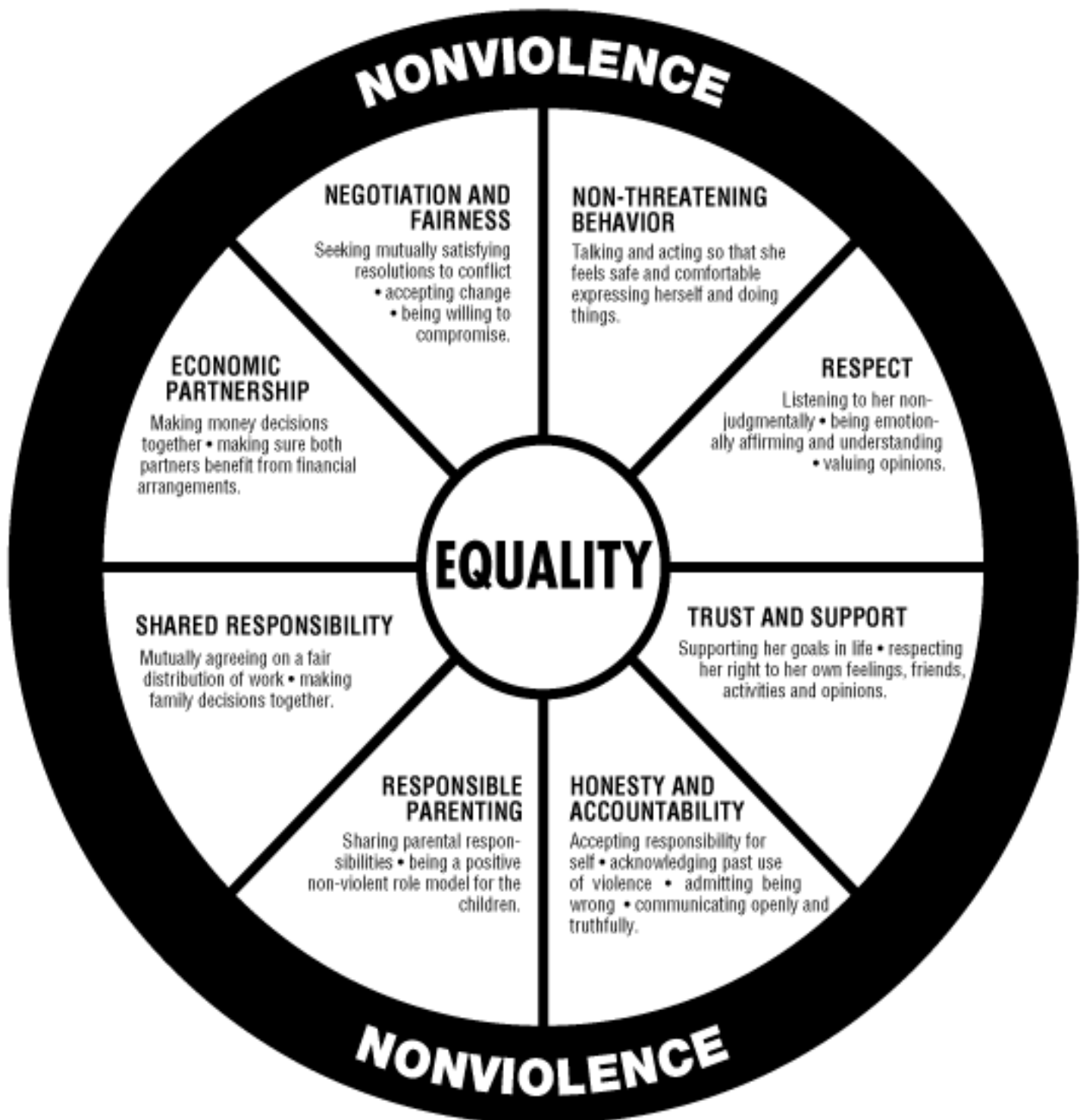
Abusive behavior can be thought of as a wheel. At the heart of the wheel is power and control. This is the motivation behind the abuse to ensure that the batterer remains in control of how the partner thinks, feels and behaves.

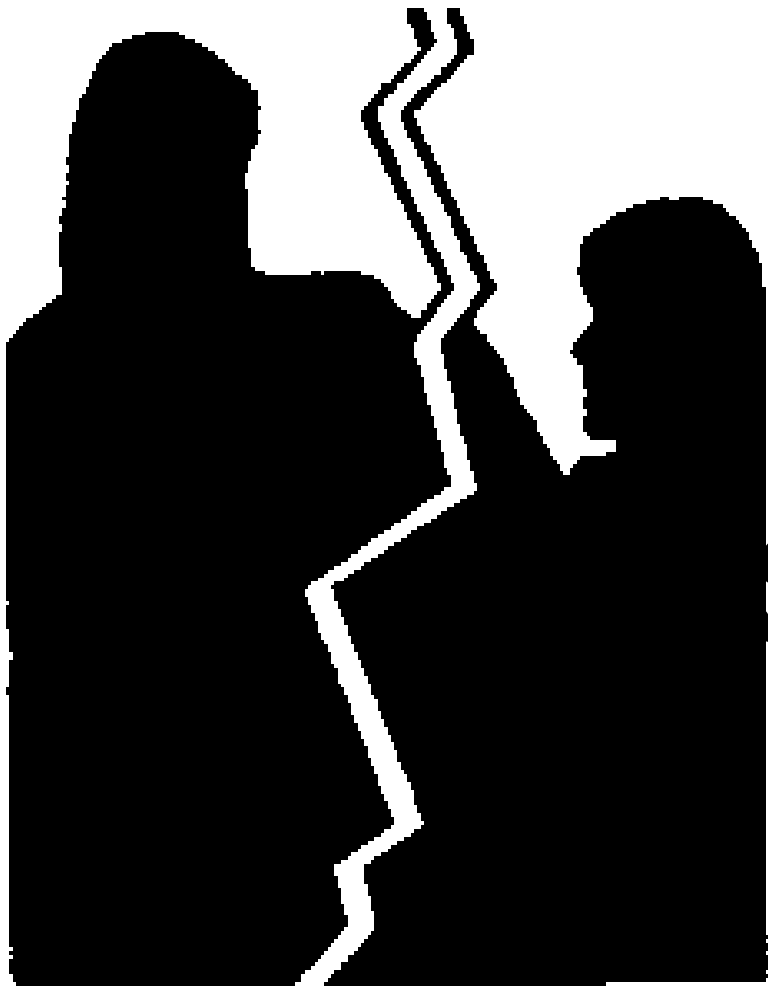
On the outside of the wheel is physical abuse. This is the behavior that most people see as "the problem." It is the thing that is most easy to identify and is often the only form of abuse that is illegal.

Inside the hub of the wheel are a variety of behaviors or tactics, which the abuser uses to gain control. Not all of these forms of abuse are used in every relationship, and 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 her behavior, and thereby give up control of her life, in order to avoid further abuse.



This is what a wheel should look like in a healthy relationship as opposed to the "Power and Control" wheel found on the previous page.





Love Shouldn't Hurt

A Community Education

service of

Legal Aid Society

of Middle TN & the Cumberlandns

Clarksville Office

120 Franklin Street

Clarksville, TN 37040

(931) 552-6656

All other counties call: 1-800-342-3317

Some examples of abusive behaviors are:

Physical abuse: slapping, punching, kicking, biting, scratching, shaking, choking or smothering, throwing down stairs, smashing eyeglasses, tickling until victim panics.

Assaults with weapons: knives, guns, vehicles, ropes or extension cords, high-heeled shoes, baseball bats, broken bottles, frying pans, cigarettes, poison, or any other object which causes pain or fear.

Impairment of physical condition: sleep interferences; deprivation of food, medicine or heat; holding victim hostage; locking victim in a closet or other confined space.

Sexual Abuse: Rape, sex on demand, weapons utilized sexually, physical assaults during sex, involuntary prostitution or pornography, forced sex with others, denying reproductive freedom, extreme jealousy, sexual degrading language, sexual criticism, threats to have affairs with others.

Threats and Intimidation: Threat displays: property damage, arson, abusing pets, damaging vehicles or slashing tires, breaking and entering victim's home or business, destruction of clothing, pulling out telephone, punching walls, breaking furniture or household objects, driving recklessly.

Verbal threats: threats to commit physical or sexual abuse or property destruction; threats against family, friends or pets; threats of suicide.

Intimidation: stalking, harassment, stealing of pets or property, standing close to victim and shouting or making frightening gestures.

Isolation: Extreme jealousy, threatening or driving away friends or family of victim, refusing victim time alone with others, insisting that victim have no contact with others, degrading family or friends of victim, monitoring mail or phone calls, "the third degree"—questioning or harassing victim for spending time with others, forcing victim to account for time sent away from abuser.

Using Children as a Weapon: Kidnap, child abuse, refusal of custody or visitation rights, threats to kidnap or injure children, jealousy of children, buying children's affection, humiliating or attacking victim in front of children, blaming victim for breakup of family.

Economic Control: control over income and assets of victim; interference with employment or education; economic fraud or theft; property destruction or theft; use of savings, checks or credit cards of victim without permission; forcing victim to support abuser.

Using Male Privilege: Telling victim that she deserves the abuse because she is a woman; blaming victim for violence because she is "sick" or "masochistic," denying that anyone will believe she has been assaulted because nobody will believe a woman; discounting her options by convincing her that no one will help a married woman.

Using a doubled standard for conflict, for example: giving himself permission to yell and be out of control because he is angry, but if she raises her voice or criticizes him, she is a "bitch" or a "nag;" or the abuser may leave for several days to demonstrate that "she can't take him for granted," but if she leaves, she may be accused of abandoning her children or "running around."

Emotional Abuse: Humiliation; degradation; name-calling; ridiculing opinions, feelings or accomplishments; unrelenting criticism; fault-finding; unfavorably comparing victim's physical appearance or achievements to others; demanding perfection.

Psychological Abuse: Withholding information, lying, rewriting history or denying reality, shifting blame, withdrawing or using the "silent treatment," effusing to allow victim to set limits or boundaries, not permitting the victim to say no, labeling any of victim's self-nurturing behavior as "selfish," setting up no-win situations, convincing the victim that she is crazy.

These are only some of the controlling behaviors that an abuser might use to keep the victim in fear. The abuser will switch tactics often, shift the blame to the victim, and criticize relentlessly. The victim is forced to account for her time, money, thoughts and actions. She spends most of her time trying to compensate, to prevent the abuser from getting angry. Gradually, the victim begins to give up control of important aspects of her life in an effort to keep the peace. Each forfeiture seems like one less thing to fight about. Eventually, she gives up on herself, her hopes, dreams and pleasures. Abuse is the demand that one partner surrender control of her life, and the things that make her a unique human being, in order to pacify the abuser.

LOVE SHOULDN'T HURT!