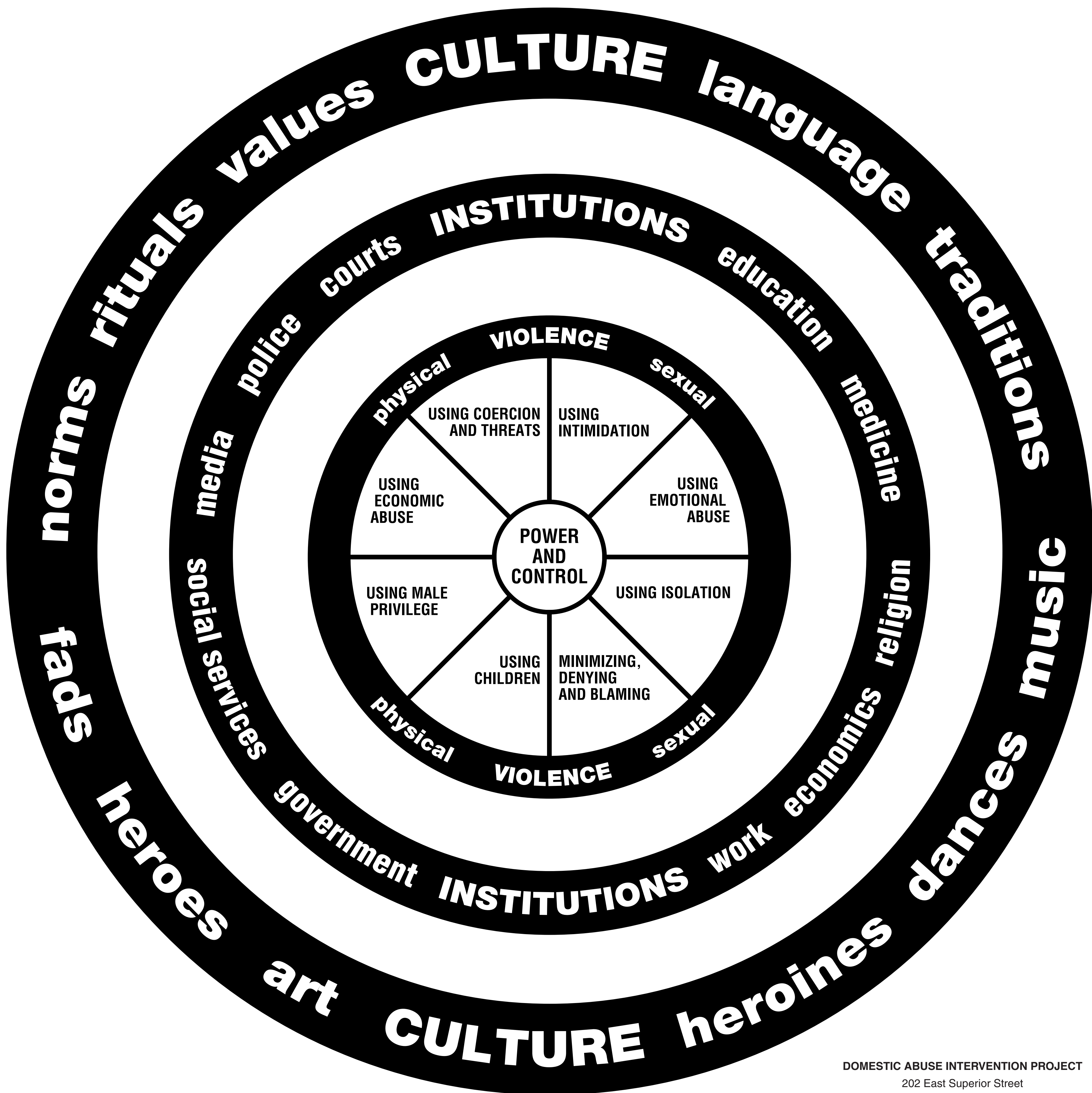


**DOMESTIC ABUSE INTERVENTION PROJECT**

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# Coordinated Community Action Model



DOMESTIC VIOLENCE INSTITUTE OF MICHIGAN

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### **Who responded to the first draft?**

We sent out over 450 letters soliciting feedback on our original wheel. We received responses from approximately 115 people. The respondents included batterer intervention specialists, judges, state coalitions against domestic violence, family therapists, public health workers, centers for nonviolence, mental health workers, battered women, battered women's service agencies, researchers, police, sheriffs deputies, battered women's advocates, nurses, mayors, social activists, feminists, drug and alcohol treatment therapists, family service staff, university professors, probation officers, high school teachers, photographers, ministers, attorneys, prosecutors, state attorney generals, family study centers, batterers, legal aid workers, social workers, psychologists, men's nonviolence centers, police trainers, authors, sociologists, sexual assault prevention and intervention center staff, physicians, expert witnesses and battered women's legal defense organizations.

### **Breakdown of responses:**

Reviewers had the fewest comments regarding what employers should be doing, and the most for the justice system. The breakdown of comments is as follows (although "women" and "health care" were not on the original wheel, we received comments about them): Justice System=49, Education=47, Men=40, Government=36, Social Service Providers=32, Clergy=26, Media=25, Employers=24, Women=23, Health Care=16.

### **Concerns voiced by reviewers of the first draft:**

Feedback was mostly in agreement with our ideas, but there was concern that the original wheel was unclear, inconsistent and not understandable. There was also feedback that the wheel was "sexist" (meaning men-hating), contained "politically charged" terminology, "individualized" the issue of battering inaccurately, only addressed men's violence against women, was not "practical," was not framed in a manner which said what people can do, instead of what they shouldn't do, did not address cultural diversity, "was a poor illustration of this concept," did not "appear to represent the complexity of system reform and community organizing behind accountability," "contained all kinds of buzzwords or just vague enough formulations to keep women hanging, hoping and battered for another 20 years," did not include many institutions in the community, and illustrated the invisibility of lesbian and gay battering by not mentioning it.

## **Below are additional idea's for each system to consider.**

### **MEDICAL SYSTEM:**

1. Routinely screen for family violence at annual visits of women and children.
2. Establish guidelines for care regarding family violence within hospitals, clinics and offices.

### **JUSTICE SYSTEM:**

1. Insert questions on domestic violence into bar exams.
2. Commute sentences of battered women who kill in self-defense.
3. Provide mandatory intervention for incarcerated batterers in jails and prisons, with accountable aftercare conditions upon parole/probation.
4. Make battery and rape criminal, as well as civil, violations of civil rights laws.
5. Enforce custody orders/injunction violations, etc.

6. Hold itself accountable by publishing statistics on numbers of domestic violence incidents such as # of arrests made, # of cases made, # of cases successfully prosecuted, # of cases resulting in incarceration, treatment, fines, and community service.
7. Hold attorneys ethically bound to refrain from persuading battered women not to prosecute.
8. Enforce all laws related to protecting battered women and children, and holding batterers accountable for their behavior.
9. Acknowledge the role of judges as the controlling power in the justice system and hold the judges accountable for their systems.
10. Refer batterers to long-term batterer intervention services. One year intervention programs seem to be the appropriate term.
11. Adopt a policy of mandatory arrest when probable cause exists that an act of domestic violence has taken place.
12. Charge and prosecute batterers in a manner that does not rely on the victim signing a criminal complaint.
13. Impose conditions on bond designed to promote the safety of the victim.
14. Refer batterers to specialized intervention programs.
15. Provide easy access to legal recourse for victims when a violation of a conditional bond takes place.
16. Send an offender to jail when he repeats, fails to complete intervention, or violates a conditional bond.
17. Investigate domestic violence cases as if victims will not cooperate.
18. Protect victims and their children, including with custody and supervised visitation orders.
19. Provide the mechanisms to legally retain batterers in intervention programs.
20. Develop and enforce accountability/ethics actions when victims rights are violated by the system.
21. Ensure gender fairness in courts.
22. (Civil justice system) Accountably place restrictions on child custody awards to batterers, and understand the need for supervised visitation.
23. Increase the number of hours of domestic violence intervention training received by police.
24. Allow testimony of prior history of assaults in court proceedings.
25. Require training on domestic violence for judges, attorneys, probation officers and court clerks.
26. Root out gender and racial bias toward women, African American attorneys, and battered women.

#### **GOVERNMENT:**

1. Pass laws which vigorously and progressively punish all forms of men's violence (sexual harassment, etc.).
2. Pass laws which define battering as criminal behavior without exception.
3. Create mechanisms for speedy responses to violations of injunctions or court orders.
4. Monitor and enforce accountability to their own laws.

#### **EMPLOYERS :**

1. Hold women's jobs for them even though being stalked may make them less productive.
2. Clarify the need to support women who are being battered and stalked on the job.

3. Prevent punitive action against, and protect the right to work of, survivors who are stalked in the workplace (that is, women get threatened with disciplinary action when their batterers phone/assault them/enter the workplace).
4. Negotiate flexible hours and leave for battered women in crisis.
5. Develop accountable employee assistance programs for batterers they employ.
6. Develop policies and protocol to assist battered women who are employed and hold batterers accountable when they are employed.
7. Train supervisors to recognize signs of battered women in their employ.

### **SOCIAL SERVICE PROVIDERS:**

1. Create accountable standards for batterer intervention services.
2. Not participate in conducting couples/marriage counseling in domestic violence cases.
3. Ask questions on violence between intimate partners as a regular part of interviewing/intake.

### **EDUCATION SYSTEM:**

1. Provide mandatory classes on conflict resolution and communication in elementary and secondary school (at appropriate developmental stages).
2. Create curriculum to address violence in homes and sex role stereotypes.
3. Provide students with a means to critically analyze battering within the context of our male dominated society, thus promoting future research, activism, and education about the issues of violence against women.
4. Redesign curriculum to include antisexist/nonsexist subject matter, information about gender roles/oppression/etc., and health and sex education.
5. Educate teachers, staff, and administrators in order to facilitate their delivery of information to students about what domestic violence is (it is not O.K. for dad to rip the wires out of mom's car) and when clearly defined, that domestic violence is a crime!!
6. Develop policies within the environment of the school which reinforce that battering is not tolerated and "young" batterers will encounter consequences on a school level regardless of whatever steps are taken, or not taken, through the legal system. These policies would keep in mind the priority of ultimately protecting the victim and to not re-victimize her in any way.
7. Educate students about dating violence and date rape.
8. Require teachers and professors to receive training on recognizing the signs of domestic violence in students.

### **MEN :**

1. Stop controlling women.
2. Make peace, justice, dignity and equality virtues shared by men.
3. Be willing to learn from women about what constitutes abusive and disrespectful behavior.
4. Cease the practice of accepting male privilege in all its forms.
5. Train their sons that being gentle, refraining from fighting and sharing equally in domestic chores is masculine.
6. Tithe to battered women's shelters and rape crisis centers.
7. Stop violence period.
8. Vigorously confront misogynist (women hating) behavior, including jokes and language.
9. Support, financially and otherwise, the battered women's movement.
10. Seek out, accept and support women's leadership.

11. Not “take over” the systems which respond to battered women’s needs.
12. Acknowledge gender bias in the world.
13. Refrain from corporal punishment of children.
14. Encourage their daughters toward nontraditional careers and roles.
15. Play sports with their daughters, not just their sons.
16. Confront their gender bias toward their children.
17. Refuse to laugh at sexist jokes.

### **WOMEN:**

*Many people noted the lack of sections on the first draft for “women”. We purposely left a section for women off the original wheel for numerous reasons, including our concern that we would be colluding with our community’s desire to blame women for their victimization.*

1. Support, not blame, other women in abusive situations.
2. Confront women who blame or victimize domestic violence victims.
3. Acknowledge the vital role women play in supporting each other’s safety and empowerment, and back each other.
4. Band together to support each other from acceptance of victimization.
5. Do for themselves by creating their own rituals which indicate they won’t tolerate abuse.
6. Speak out against violence; educate, not victim, blame. Women play a critical role in the process.
7. Emotionally support other women; get involved in domestic violence prevention; remain encouraging and acknowledging of battered women’s needs.
8. Have a part in ending their own victimization.
9. Acknowledge that all women suffer from male violence, not just the obvious victims.
10. Assist in providing safety and support to victims of violence.

**Many ideas we received related to all the sections on the wheel. Below are those ideas.**

### **DYNAMICS OF DOMESTIC VIOLENCE**

1. Educate about the power and control issues involved in all domestic violence, not just the physical violence.
2. Dispel the myths regarding cultural diversity as causes of and/or the myth of cultural validation for intimate violence.
3. Educate systems about the causes and dynamics of domestic violence.
4. Receive mandatory education in basic curricula regarding family violence.
5. Stop blaming domestic violence on myths such as mental illness and “provocation” - it is a conscious choice.
6. Educate on issues of women’s self-defense, and The Battered Woman Syndrome.
7. Be alert to whether an apparent perpetrator (meaning victim) was acting in self-defense.
8. Do not discriminate against women, that is, falsely accuse them when they were defending themselves.



## **PROVISION OF SERVICES**

1. Provide a safe environment for women to discuss their experiences.
2. Acknowledge that agency structure must change, not just workers.
3. Serve as a domestic violence advocate through the legal and community service system.
4. Fund women's shelter programs, transitional housing, child care programs, preventive education in schools, etc.
5. Fund supervised visitation centers in every county, insuring adequate training of everyone involved.
6. Provide services to inform and support survivors through all social systems.
7. Develop and implement prevention programs for children who are or have lived in violent homes.
8. Provide adequate services to domestic violence victims of all ethnic backgrounds.

## **RESOURCES FOR WOMEN**

1. Devote resources and efforts to seek out victims and make them aware of resources.
2. Provide education and assistance to victims of domestic violence regarding resources to help them now.
3. Pass the Equal Rights Amendment.
4. Adopt policies of equal pay for equal and comparable worth.
5. Enhance data collection systems on domestic violence.
6. Provide women equal pay and child care so they are not so economically vulnerable.
7. Develop statistical research models which produce realistic state-by-state and national statistics on the incidence of domestic violence.

## **COORDINATED COMMUNITY ACTION**

1. Be knowledgeable and utilize local referral resources for the victims and perpetrators of abuse.
2. Emphasize coordination of services -- providers need to work together.
3. Provide mechanisms to coordinate between departments and systems to hold batterers accountable.
4. Implement local and state interagency councils.
5. Maintain contact and support with local domestic violence programs.

## **ACCOUNTABILITY**

1. Document abusive episodes in records to promote prosecution.
2. Acknowledge and include the participation and leadership of battered and formerly battered women in all policy-making, training and boards.
3. Require licensing boards to require domestic violence training for license renewal for providers (including clergy, psychologists, attorneys, social workers, etc.).
4. Name violence between an intimate couple as domestic violence and refrain from diminishing the violence with euphemisms such as "lover's quarrel, spat or crime of passion"
5. Require social workers and domestic violence advocates to receive training on domestic violence, including questions on licensing exams.
6. Stop blaming and punishing the survivor by taking her children away, making her responsible for 100% of the child care responsibility and saying she is responsible for the abuse the children are suffering.
7. Speak out publicly against battering.



8. The United Nations will pass a worldwide resolution banning domestic violence.
9. Do not aid and abet batterers by applying additional burdens on battered women.
10. Do not allow batterers to harass victims, including by telephone.
11. Have domestic violence protocols that support and not penalize victims for using courts, domestic violence advocacy and services.
12. Provide prompt consequences to batterers.
13. Hold batterers directly accountable, for example, do not provide for them a character witness when they go to court. Also, refer them immediately to a batterer's intervention service.
14. Challenge institutional sexism within all social systems.
15. Hold violent men accountable for their actions.
16. Have procedures for holding batterers accountable among the clergy and congregations.
17. Do not encourage women to remain in abusive situations.
18. Vigorously confront misogynist (woman hating) behavior including jokes and language.
19. Call police on batterers whenever possible, and follow through with charges against them.
20. Gently remind possible victims that their safety is important to us and how they can seek help.

## **TEACH**

1. Promote egalitarian models of sex roles in intimate relationships since the stopping of violence is accompanied by the honoring of equality and the dissolving of patriarchal ideas about men and women.
2. Cease racist reporting of violence that characterizes African-Americans as disproportionately violent.
3. Understand the link between battering and child abuse.
4. Recognize that child abuse is the best indicator of woman abuse, and provide services for mothers when they try to protect children.
5. Eliminate mother blaming.
6. Acknowledge that sexual harassment and domestic violence are closely related.
7. Understand how serious a crime domestic violence is. For example, The National Crime Survey indicates that 50% of all "domestic assaults" are more injurious than felonious assaults on strangers.
8. Acknowledge that all women suffer from male violence, not just the obvious victims.
9. Accept self-defense as a necessity when battered women kill their assailants.
10. Learn how children in domestic violence families will show signs that may mimic learning disabilities and Attention Deficit Disorder.
11. Questions about domestic violence in the home should be asked of children.
12. Teach violence prevention, conflict resolution and communication skills.
13. Teach girls/women self-defense skills, including martial arts and the use of weapons.
14. Educate people to recognize, understand, and appropriately intervene in domestic violence.
15. Support counseling services for children who have lived in violent homes.
16. Recognize that symptoms children exhibit as a result of witnessing domestic violence often interfere with their learning abilities.
17. Teach peace and equality as important values.
18. Give up submission and obedience demands on women.
19. Refrain from corporal punishment of children.

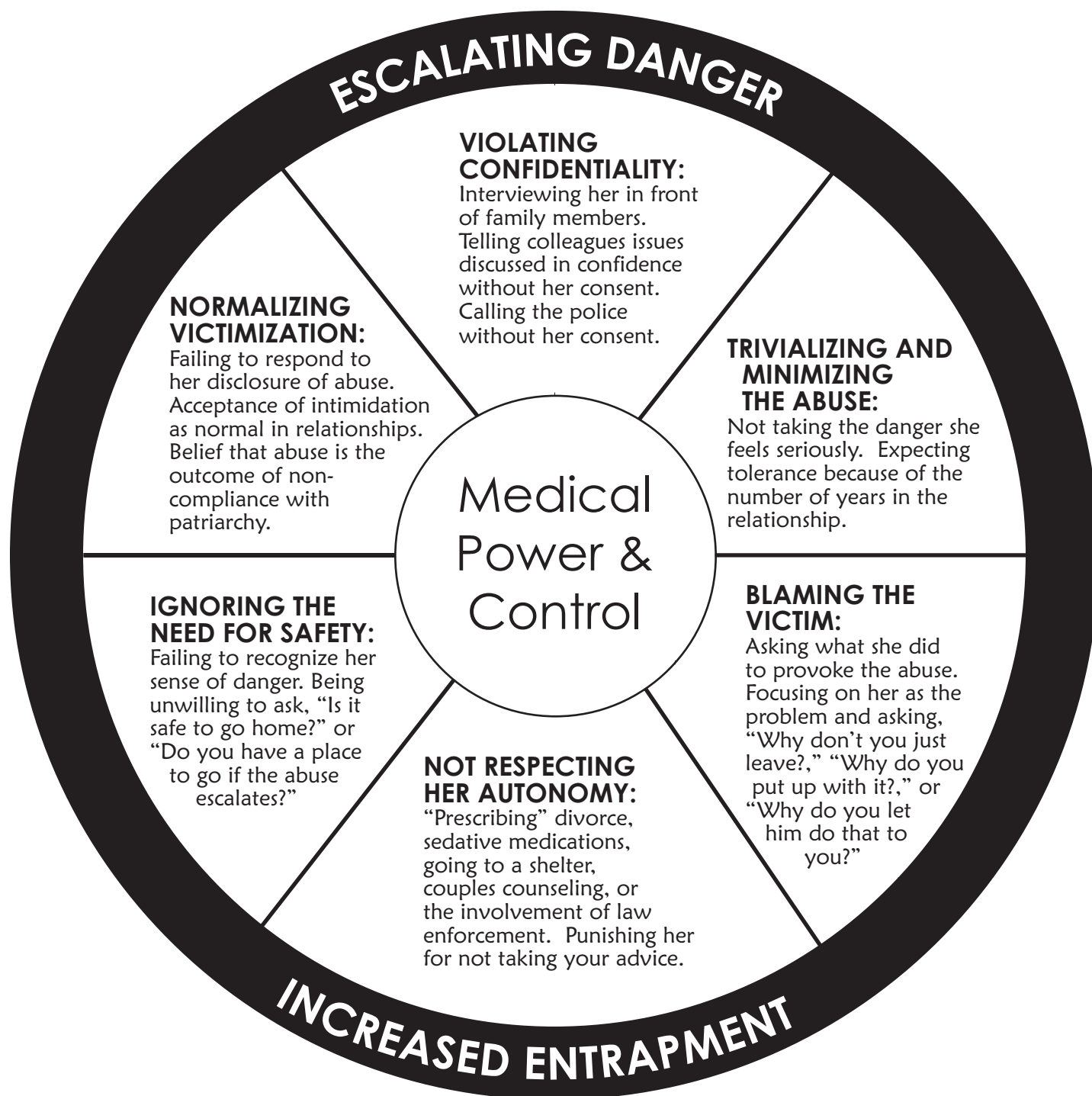
20. Encourage girls toward nontraditional careers and roles.
21. Make “strong, capable and assertive” feminine virtues.

***Our sincere thanks to these reviewers:***

**Adams, David** - EMERGE Counseling and Education to Stop Male Violence  
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# MEDICAL POWER & CONTROL WHEEL



Produced and distributed by:

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## Categories and Examples of Abusive Behavior

### **Physical abuse**

Physical abuse describes any kind of unwanted physical contact or proximity. It includes getting into someone's physical comfort zone, even without touching them, and even if there is no injury or physical discomfort. Physical abuse can also describe being physically controlling. For example, you could pin your partner against the wall by their shoulders without causing physical harm or physical pain, but they could still be terrified and emotionally hurt. For those reasons, it would qualify as physical abuse. Note that this is much broader than the legal definition of physical abuse.

Examples:

Blocking someone (even without touching them)	Choking
Grabbing someone	Hitting
Holding someone when they do not want to be held	Kicking
Moving someone against their will	Pinching
Poking	Pulling hair
Punching	Restraining someone
Shaking someone	Slapping
Throwing things at someone	

### **Verbal abuse**

Verbal abuse involved hurtful or disrespectful words and tone of voice.

Examples:

Demeaning comments	Name-calling
Put-downs	Tearing a person apart with words
Swearing at them (unless both have agreed that this is an acceptable way to communicate)	
Yelling or screaming	

### **Psychological abuse**

Psychological abuse involves nonverbal and nonphysical ways of being hurtful toward another. This can be quite subtle and is often characterized by facial expressions, gestures, and other body language.

Examples:

Contempt	Intense looks
Facial expressions that are intimidating or disrespectful	
Gestures that are disrespectful (e.g., flipping someone off, shaking your fist at them)	
Radiating intensity	Stares
The silent treatment	

### **Property abuse**

Property abuse refers to mishandling property out of anger, regardless of whether it belongs to you or you do any damage to it.

Examples:

Banging on things  
Hitting things  
Punching walls  
Throwing things

Breaking things  
Kicking things  
Slamming doors

### **Financial abuse**

Financial abuse involves mishandling money, finances, or financial agreements. It is most common when there are shared finances or living arrangements.

Examples:

Being under-involved in financial decisions	Denying money for basic needs
Controlling the partner's use of the car	Dividing the financial responsibility unfairly
Destroying or damaging the partner's property	Failing to acknowledge the family's needs
Dismissing the partner's math or financial-management skills	
Imposing their financial values on their partner	Giving the partner an allowance
Keeping hidden accounts or hiding money	Limiting access to finances
Lying about finances	Making secret purchases
Making unilateral economic decisions	Not honoring their financial obligations
Not paying child or spousal support	Not sharing domestic expenses
Referring to "my" money versus "our" money	Refusing to get a job
Registering assets in one name	Requiring their partner to get a job
Scrutinizing their partner's spending	Setting the financial agenda alone
Spending excessively	Undervaluing domestic work
Undermining their partner's financial decisions	
Throwing out or giving away their partner's property	
Using higher income as leverage	Whining, complaining, badgering
Withholding financial information	

### **Examples of behaviors that interfere with your partner's ability to work outside the home:**

- Being dismissive about your partner's abilities
- Harassing your partner about being away from home
- Isolating your partner from a support network that could enable them to work
- Keeping your partner from getting a job
- Restricting your partner's access to transportation
- Restricting your partner's educational development
- Sabotaging their job or doing things that could get your partner fired
- Taking actions to prevent your partner from getting a job

### **Sexual abuse**

Any kind of unwanted sexual contact or interaction.

Key quality of non-sexually abusive behavior: **On-going uncoerced informed consent**

Examples:

Verbal sexual abuse

Unwanted sexual comments

- Being flirtatious

- Making seductive comments

- Offering sexual compliments

- Speculating out loud about their sexual ability

- Talking about ways you would like to be sexual

Sexual pressuring

Badgering the other for sex

Disrespecting sexual boundaries

Retribution for setting a sexual boundary

Infidelity

Violating sexual agreements

- Masturbation

- Pornography/erotica use

- Sexual fantasies

- Looking at/interacting with others sexually

Physically forcing sexual contact

Sexual contact with an intoxicated person

Sexual contact with an unconscious person

Taking advantage of their power

Using sex to manipulate their partner

Excerpted from *Becoming Allies . . . With Your Partner, Yourself, and Others: Addressing the Abuse and Control in Your Relationships* by Chris Huffine





## CONTROLLING BEHAVIORS

Listed below are some of the behaviors that can be used to control other people. As should be apparent, many of the behaviors below are not automatically controlling, but can be controlling depending on how they are used. This is only a partial list--there are many other ways of being controlling not listed here.

1. Accessing their electronic devices
2. Acting forgetful
3. Agreeing insincerely
4. Apologizing
5. Arguing
6. Asking leading questions
7. Asking rhetorical questions
8. Backseat driving
9. Badgering
10. Being contrary
11. Being defensive
12. Being impatient
13. Being overly sensitive
14. Being overprotective
15. Being sarcastic
16. Being superficially polite or nice
17. Being willfully incompetent
18. Blackmailing
19. Blaming
20. Blowing up
21. Bringing up the past
22. Brown-nosing
23. Calling excessively
24. Changing the subject
25. Correcting them repeatedly
26. Criticizing
27. Doing their tasks
28. Dominating the conversation
29. Eavesdropping
30. Exaggerating
32. Flattering
33. Gaslighting
34. Gesturing dismissively
35. Getting the last word
36. Giving gifts
37. Giving the silent treatment
38. Giving the third degree
39. Giving unsolicited advice
40. Going off the deep end
41. Going over their head
42. Gossiping
43. Handling their belongings
44. Hanging up on them
45. Having a short fuse
46. Hiding their things
47. Humiliating them in public
48. Hurrying them
49. Ignoring
50. Ingratiating yourself
51. Interrogating
52. Interrupting
53. Intimidating
54. Invoking a higher authority
55. Invoking your experience or expertise
56. Isolating
57. Joking or kidding insincerely
58. Keeping items exclusively in your name
59. Keeping them ignorant or uneducated
60. Limiting access to shared items
61. Limiting access to finances or financial information
62. Listening selectively
63. Looking at them intensely
64. Lying
65. Making demands
66. Making dismissive sounds
67. Making faces
68. Making fun
69. Making promises you don't intend to keep
70. Making secret purchases
71. Making them feel sorry for you
72. Making unilateral decisions
73. Making wild statements
74. Managing impressions
75. Manipulating
76. Micromanaging
77. Mimicking
78. Mischaracterizing what others say
79. Misusing material from this book or your group
80. Monopolizing their time
81. Nagging
82. Negating them repeatedly
83. Not passing on messages
84. Offering unreasonable choices or alternatives
85. Ordering them around
86. Pausing extensively
87. Playing dumb
88. Playing mind games



- |   |                                       |
|---|---------------------------------------|
| 89. Playing the expert                              | 116. Trivializing                     |
| 90. Playing the victim                              | 117. Using children                   |
| 91. Pretending to listen                            | 118. Using courts or the legal system |
| 92. Psyching them out                               | 119. Using fear                       |
| 93. Pushing their buttons                           | 120. Using friends                    |
| 94. Raising your voice                              | 121. Using guilt                      |
| 95. Rationalizing                                   | 122. Using illness or symptoms        |
| 96. Requiring your approval                         | 123. Using inappropriate humor        |
| 97. Requiring your permission                       | 124. Using intoxication               |
| 98. Responding ambiguously                          | 125. Using money                      |
| 99. Rewarding them                                  | 126. Using physical size              |
| 100. Sabotaging their belongings                    | 127. Using privilege                  |
| 101. Scaring  | 128. Using quid pro quo               |
| 102. Shaming  | 129. Using silence                    |
| 103. Showing up late on purpose                     | 130. Walking away                     |
| 104. Speaking for them                              | 131. Whining                          |
| 105. Stalking or following them                     | 132. Withholding information          |
| 106. Staring  |                                       |
| 107. Stonewalling                                   |                                       |
| 108. Taking things away                             |                                       |
| 109. Taking things out of context                   |                                       |
| 110. Talking down to them                           |                                       |
| 111. Teasing  |                                       |
| 112. Telling them how to behave                     |                                       |
| 113. Telling them what they are thinking or feeling |                                       |
| 114. Texting them excessively                       |                                       |
| 115. Threatening                                    |                                       |



## Two Styles of Power in Personal Relationships

### Power Over “Reality I”

### Personal Power “Reality II”

Abuse and control are used	Mutual respect is practiced
Win-lose/One winner	Win-win/Many winners
One right answer/one truth	Many right answers/many truths
Homogeneity and conformity	Diversity is respected
Only some needs are met/me <i>or</i> you	All needs are met/me <i>and</i> you
External focus	Internal focus
Blame	Accountability on both sides
Assumption of scarcity	Assumption of abundance
Competitive	Cooperative/collaborative
Others are viewed as opponents, competitors	Others are viewed as allies, collaborators
Focus on outcome (winning)	Focus on how the conversation goes
End justifies means	The means is the end
“Winning isn’t everything; it’s the only thing.”	“It doesn’t matter whether you win or lose; it’s how you play the game.”

Based on concepts presented by Patricia Evans in *The Verbally Abusive Relationship* (1996, Adams Media Corporation).

Chris Huffine, Psy.D.



## Fifty Reasons Why Victims Remain in Abusive Relationships

### Fear of Retaliation If They Leave

1. Fear of greater violence if she leaves
2. Fear of other forms of retaliation
3. Fear of harm being done to pets
4. Fear of losing the children
5. She has made other attempts before with significant consequences

### Logistical Barriers To Leaving

6. Economic dependence
7. Employment concerns
8. Lack of alternative housing
9. There may be cultural and other barriers, especially if part of a marginalized group

### Questioning Their Own Ability

10. Limited resources
11. Insecure over ability to live independently
12. Unsure how to go about the process of leaving
13. Co-occurring mental health/substance abuse issues caused by the abuse
14. Too exhausted or distracted to adequately plan to leave

### Consequences If They Leave

15. Does not want to deal with the stresses and demands of a divorce
16. Concerns about the loss of friends, school, belongings, etc.
17. Fear of court involvement
18. Fear of the unknown
19. The fear, difficulties, and/or consequences of leaving still seem to outweigh those of staying
20. It's not the right time

### Concerns For Their Children

21. Fear of hardship on the children
22. Not wanting to separate the children from their father
23. The children want them to stay

### Fears of Social Isolation

24. Fear of loneliness
25. Fear of never being in another romantic relationship
26. Emotionally dependent on him

### Social Pressures To Stay

- 27. Pressure from others to remain in the relationship including:
  - Family members
  - Friends
  - Clergy
  - Neighbors
- 28. Guilt over ending the relationship
- 29. Embarrassment
- 30. Ashamed to admit abuse is that bad
- 31. Doesn't want to be a quitter
- 32. Does not want to break the marriage vows/commitment
- 33. Limited support from others to leave

### Hope

- 34. Doesn't want to give up hope
- 35. Continued hope that maybe it will get better
- 36. Manipulations by the abuser to stay

### Positive Connections With The Abuser

- 37. Regularly reminded of abuser's positive and desirable qualities
- 38. Victim still loves the abuser
- 39. Shared history/emotional investment
- 40. Significant periods of time where the abuse declines
- 41. Mistaken assumption that the abuser is in alliance with them
- 42. Ambivalence

### The Victim Feels Responsible

- 43. Blames themselves for the violence
- 44. Concern that the abuser will not be able to live on his/her own
- 45. She still believes there are things she can do to make it better

### Denial

- 46. Assumes that abuse is common and a part of life
- 47. Does not view the abuse they are experiencing as "that bad"
- 48. Not fully aware of the nature, extent and impact of the abuse
- 49. Questioning her/his own judgement
- 50. Emotional numbness/anesthetizing

Compiled from multiple sources by  
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