

Tension Building

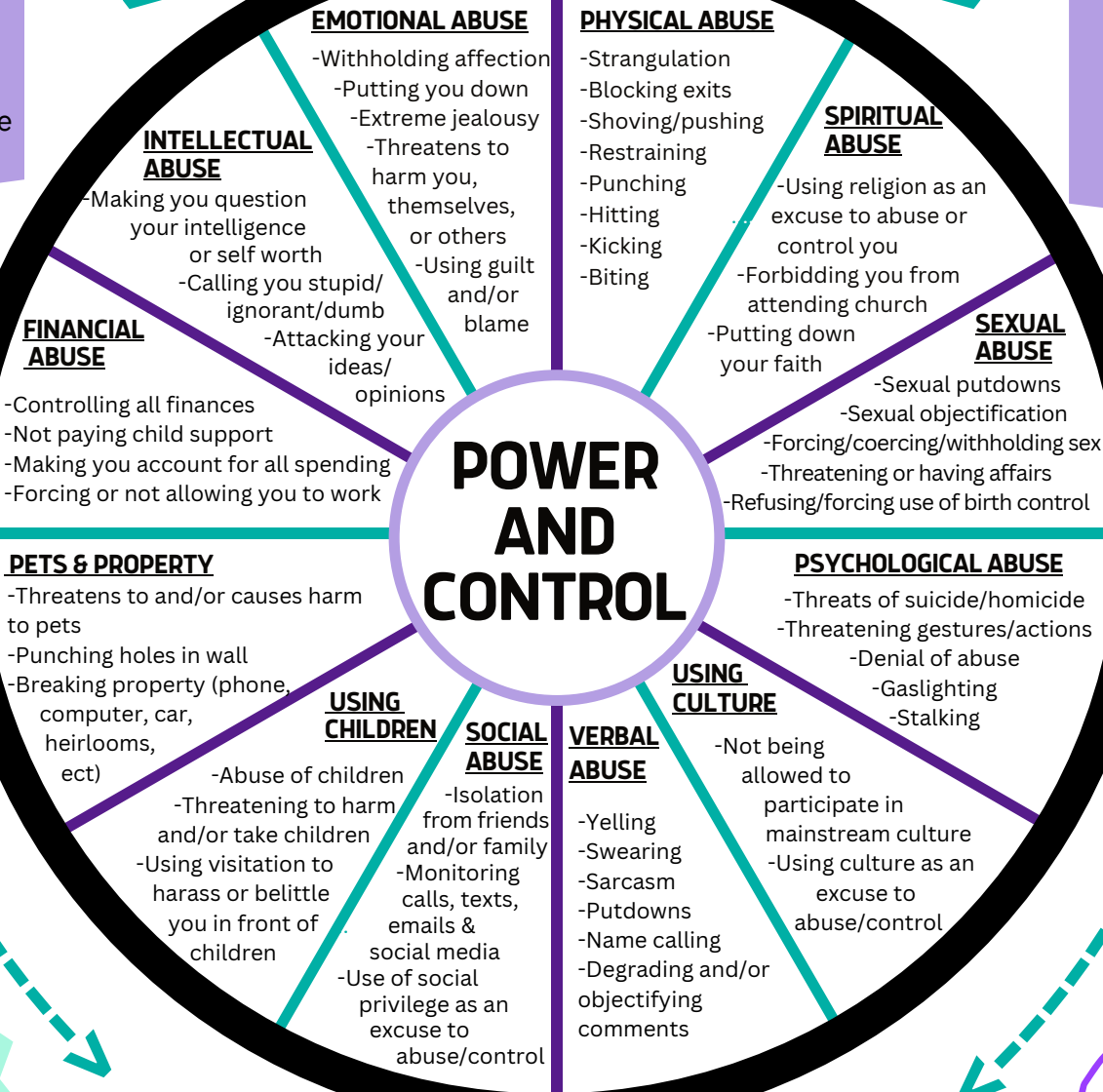
Person causing harm is critical, mean, withdraws affection, increases substances use. Survivor tries to calm or appease them to avoid violence.

Incident

Person causing harm lashes out using tools to maintain power & control. Can be verbal, psychological, physical, etc. Survivor does what is necessary to survive.



POWER AND CONTROL



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Start of Relationship: 1st Honeymoon

Person causing harm appears kind, loving, "too good to be true". Often, the person causing harm will "love bomb", giving gifts, spending a lot of time with you, ect.

Honeymoon Phase

Person causing harm apologizes, buys gifts, makes excuses & promises. Survivor accepts apologies due to normal feelings of love & hope for their partner or relationship. Survivor feels hope.

Why don't people just leave?

Many reasons: money, kids, housing, but most commonly because they love the person causing harm and believe they can change.

Power & Control in Interpersonal Violence

Cycle of Violence meets the Power & Control Wheel

The Cycle of Violence represents the overarching pattern of abuse, while the Power and Control Wheel represents the tools of abuse. The cycle centers around denial that the abuse is happening, hope that it will get better, and the survivors love of the abuser. This is useful in identifying the difference between an unhealthy relationship and an abusive one.

Why a wheel?

Survivors of violence can often feel that their lives are a cycle they cannot outrun or escape. They can feel caught on a broken record without any idea how to get off. These wheels represent that feeling.

50 reasons survivors don't leave

1. Fear
2. Children
3. Lack of money/financial dependence
4. They love their partner
5. Their partner “loves” them
6. The children love them both
7. Law enforcement blames them
8. Clergy blames them
9. Relatives blame them
10. They blame themselves
11. Therapist blames them
12. Their partner blames them
13. They have reliance on substances
14. They are being trafficked
15. Their father abused them
16. Their mother abused them
17. Their partner is an alcoholic
18. Their partner is reliant on substances
19. Their partner says, “I’m sorry”
20. Their partner says, “I love you”
21. Their partner says, “I’ll never do it again”
22. Their partner says, “I’ll take the children”
23. Their partner says, “I’ll kill you if you leave”
24. Their partner says, “I’ll kill myself if you leave”
25. Fear of losing custody of the children
26. They identify as deaf, blind or have a mental or physical disability
27. Lack of emotional or financial support
28. Reinforcing internalized homophobia
29. Lack of education
30. Immigration status or documentation
31. They cannot speak English
32. Fear of being deported
33. The shelters are full
34. Fear of becoming homeless
35. No one believes they are being abused
36. They don’t think they, themselves, are being abused
37. They know the welfare system will abuse them more
38. They are isolated
39. They are depressed
40. It is not the right time
41. They never told anyone
42. They are afraid of the unknown
43. They are a public figure or their partner is a public figure
44. Saying, “Women can’t abuse other women” or “Men can’t abuse other men.”
45. Their partner threatens to abuse pets
46. Their partner is their personal care attendant
47. Their partner threatens to “out” them
48. They feel that there is no help
49. They have tried to leave before
50. Their partner found them before