Tension Building

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



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.

EMOTIONAL ABUSE

-Withholding affection -Putting you down -Extreme jealousy -Threatens to

INTELLECTUAL **ABUSE**

harm vou. Making you question themselves. your intelligence or others or self worth -Using guilt -Calling you stupid/ and/or ignorant/dumb blame

-Attacking your

ideas/

USING

-Abuse of children

-Threatening to harm

and/or take children

-Using visitation to

harass or belittle

vou in front of

children

CHILDREN

opinions

FINANCIAL **ABUSE**

-Controlling all finances

PETS & PROPERTY

-Punching holes in wall

computer, car,

heirlooms,

-Breaking property (phone,

to pets

-Not paying child support -Making you account for all spending

-Threatens to and/or causes harm

-Forcing or not allowing you to work

POWER AND CONTROL

SOCIAL

ABUSE

-Isolation

from friends

and/or family

-Monitoring

calls, texts.

abuse/control

emails &

social media

privilege as an

-Use of social

excuse to

PHYSICAL ABUSE

- -Strangulation -Blocking exits
- -Shoving/pushing
- -Restraining
- -Punching
- -Hitting -Kicking
- -Biting

SPIRITUAL **ABUSE**

- -Using religion as an excuse to abuse or control you
- -Forbidding you from attending church
- -Putting down your faith

-Sexual putdowns -Sexual objectification

SEXUAL

ABUSE

- -Forcing/coercing/withholding sex
- -Threatening or having affairs Refusing/forcing use of birth control

PSYCHOLOGICAL ABUSE

- -Threats of suicide/homicide -Threatening gestures/actions
 - -Denial of abuse -Gaslighting

USING **CULTURE** -Stalking

VERBAL ABUSE

- -Yelling -Swearing
- -Sarcasm -Putdowns
- -Name calling
- -Degrading and/or objectifying comments

-Not being allowed to

- participate in mainstream culture
- -Using culture as an excuse to
 - abuse/control

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.

303-556-call (2255)



303-315-7250



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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.

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.

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