

Contact Us

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Family Crisis Center
Of Walker, Dade, Catoosa &
Chattooga Counties, Inc.
PO Box 252
LaFayette, GA 30728

24-hour hotline
706-375-7180
1-800-334-2836

Fax 706-375-7177

visit our website
www.fccwdcc.org

Services include:

- ◇ Emergency Shelter
- ◇ 24 hour crisis hotline
- ◇ Legal advocacy
- ◇ Outreach services
- ◇ Advocacy
- ◇ Prevention education
- ◇ Community education

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**DYNAMICS OF
DOMESTIC VIOLENCE**



CFC# 49967

Dynamics of DV

Domestic Violence occurs when one person in an intimate relationship seeks to dominate and control the other person. An abuser will use fear, guilt, shame, and intimidation to wear down and gain control over the victim. Domestic abuse is **NOT** the result of the abuser's loss of control over his behavior, but a **deliberate** choice made by the abuser in order to maintain control over the victim. Although many abusers use intoxication as an excuse for their abuse of their intimate partner, alcohol or drug use does **NOT** cause domestic abuse; however, the abuse may be intensified by the substance abuse.

Tactics Used By Abuser To Control Partner

- **Physical** - Includes pushing, showing, kicking, slapping, punching, choking, biting, pinching, hair-pulling, hitting, burning, clubbing, stabbing, shooting, threatening with a weapon.
- **Sexual** - Includes physical rape or rape with object, abuse of genital area or breast, unwanted touching or pinching of breasts, forced third party sexual activity, forced sexual relations accompanied by violence and threats. This includes marital rape.
- **Emotional/Psychological Violence:**
 - ⇒ **Destruction of property or pets** - Violence without touching the victim. Destroys property of victim that holds great meaning and that victim holds dear. Purposely harms family pet or threatens to harm pet as coercion to stay with abuser. Kills family pet as a warning.
 - ⇒ **Dominance** - Treat victim like a servant, child, or possession. Makes every decision for the family and expects it to be obeyed without question.
 - ⇒ **Humiliation** - Insults, name-calling, shaming, and public put-downs designed to cause a loss of self-esteem and feelings of powerlessness.

- ⇒ **Isolation** - Keeps the victim from seeing family and/or friends. May prevent victim from working or attending school. Victim may have to ask to go anywhere.
- ⇒ **Threats** - May threaten anyone who has meaning to the victim (children, parents, friends, pets, etc) or threaten harm or death to the victim. Abuser may threaten to commit suicide, bring false charges against the victim, or report them to child protective services.
- ⇒ **Intimidation** - May include carrying a gun around, smashing things, throwing things, punching holes in walls or doors.
- ⇒ **Denial or blame** - Abuser will blame victim for the "punishment" as if the abuse was deserved due to the victim's behavior. Abuser will minimize or deny the abuse to the victim and others. Abuser will use a bad day, childhood, or anything else as an excuse for his behavior.

Characteristics of a Batterer

Batterers are difficult to spot because they exhibit vastly different behaviors in public and private. Publicly, they may even exhibit very courteous behaviors such as opening doors and sending flowers. Abusers, however, frequently share certain personality characteristics:

- ◇ Low self-esteem
- ◇ Extreme insecurity
- ◇ Distrusting
- ◇ Jealousy
- ◇ Deny responsibility for self
- ◇ An extreme need for control over others.

Phases of Abuse

- **Tension Building** - Small outburst. Mounting tension. Victim has to "walk on eggshells"
- **Acute Battering Incident** - Victim cannot prevent it regardless of behavior. Abuser releases tension with physical attack.
- **Relief Period** - Period of reduced violence and calm. Some abusers ask for forgiveness and make false promises to stop abuse. This period is sometimes referred to as the "honeymoon" period.

* Research shows that without intervention, a batterer's abuse increases in intensity and frequency over time. The abuser may stay at higher and higher levels of escalation, rarely dropping to lower levels.

* Not all relationships with abusers will follow a specific cycle. There are some abusers that do not show signs of a tension building stage. They can appear quite calm and light-hearted before physical violence acts. Others may never show remorse or have a "honeymoon" period.

The Hair on Back of Your Neck

You should always trust your instincts. If the nagging voice in the back of your head is trying to tell you something or the hair on back of your neck is standing on end, you already know you are in trouble. Listen, react, and protect yourself. Tell friends/family members your concern and seek help.

We are available 24 hours a day.
Just call **706-375-7180** or
1-800-334-2836.