# Is your relationship based on equality?

# NONVIOLENCE

### NEGOTIATION & FAIRNESS

Seeking mutually satisfying resolutions to conflict . accepting change = being willing to compromise.

### NON-THREATENING BEHAVIOR

Talking and acting so that she feels safe and confortable expressing herself and doing things.

#### RESPECT

Listening to her nonjudgmentally . being emotionally affirming and understanding · valuing her opinions.

### ECONOMIC PARTNERSHIP

Making money decisions together . making sure both partners benefit from financial arrangements.

### SHARED RESPONSIBILITY

Mutually agreeing on a fair distribution of work · making family decisions together.

RESPONSIBLE

### PARENTING

Sharing parental responsibilities being a positive nanviolent rale model for the chlldren.

#### TRUST & SUPPORT

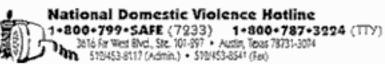
Supporting her goals in life · respecting her right to her own feelings, friends, activities, and opinions.

### HONESTY & ACCOUNTABILIT

Accepting responsibility for self + acknowledging past use of violence \* admitting being wrong · communicating openly and truthfully.

## NONVIOLENCE

DOMESTIC ABUSE INTERVENTION PROFECT • 206 West Fourth Street • Duluds, Minnesota 59806 • 218/722-4134



# Or, is your relationship based on power and control?

physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are usually the actions that allow others to become aware of the problem. However, regular use of other abusive behaviors by the batterer. when reinforced by one or more acts of physical violence, make up a larger system or abuse. Although physical assaults may occur only once or occasionally, they instill threat of future

violent attacks and allow the abuser to take control of the woman's life and circumstances.

The Power & Control diagram is a particularly helpful tool in understanding the overall pattern of abusive and L violent behaviors, which are used by a batterer to establish and maintain control over his partner. Very often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattern of intimidation and control in the relationship.

VIOLENCE

PHYSICAL

### COERCION & THREATS

iliegal things.

Making and/or carrying out threats to do something to hurt her \* threatening to leave her, o commit suicide, or to report her to welfare + making her drop charges making her do

### SEXUAL INTIMIDATION

Making her afraid by using looks, actions, and gestures \* smashing things \* destroying her property - abusing pets - displaying weapons.

### **EMOTIONAL** ABUSE

Putting her down • making her ' feel bad about herself + calling her names + making her thick she's crazy . playing mind games humiliating her • making her feel guilty.

### MALE PRIVILEGE

Treating her like a servant making all the big decisions · acting like the "master of the castle" . being the one to define men's and women's roles.

### ECONOMIC ABUSE

income.

Preventing her from getting or keeping a job \* making her ask for mony egiving her an allowance +taking her money not letting her know. about or have access to family

### USING CHILDREN

Making her feel guilty about the children using the children to relay messages ousing visitation to harass her Iturestening to take the children away.

### ISOLATION

Controlling what she does. who she sees and talks to. what she reads, and where she goes "limiting her outside involvement using jealousy to justify actions.

### DENYING & BLAMING

MINIMIZING.

Making light of the abuse and not taking her concerns about it seriously \* saying the abuse didn't happen \* shifting responsibility for

PHYSICAL VIOLENCE SEXUAL