Coercion and Threats
Making and/or carrying out threats to take their own life, or to hurt you or your loved ones, or get you punished in the Church - Forcing you to do things that the Church would punish you for.

Using the Community and Church
Speaking negatively about you - Getting the community and/or church to “side with them” - Telling others you are a liar, not a good parent, spouse, or Christian - Confessing but not changing behavior - Falsely using scripture to justify the abuse.

Economic Abuse
Making you ask them for money - Giving you an allowance - Taking your money - Not letting you know about or have access to family income.

Using Children
Making you feel guilty about the children - Threatening the children, beating, hitting, and otherwise abusing the children - Turning the children against you by using them to convey messages and abuse to you - Telling the children their parent is a bad Christian and parent - Having the children report your “bad” behavior to the Church.

Minimizing, Denying and Blaming
Making light of the abuse and not taking your concerns about it seriously - Saying the abuse didn’t happen - Saying you caused the abuse/it was your fault, or the abuse was God’s will - Using your belief in God to justify the abuse.

Using Intimidation
Making you afraid by using looks, actions, gestures, smashing things, destroying things in the home, harming shared animals, displaying weapons, stalking, or driving horse and buggy recklessly with you in it - Saying things about you to church leadership or community members.

Emotional Abuse
Putting you down - Making you feel bad about yourself by calling you names - Making you think you are crazy - Playing mind games - Making you feel guilty - Making you feel like a bad spouse, parent and/or Christian - Making you feel like you’re not loved by Christ - Making you feel like everything you do is a sin when you know it isn’t.

Isolation
Controlling and limiting who you are allowed to interact with and for how long - Controlling how you interact with God and the Church - Controlling where you are allowed to go - Keeping you from your friends and family to control you.

Power and Control Wheel
Amish / Plain Community

One Eighty
Millersburg: 34-C South Clay St. | Millersburg, OH 44654 330.674.1020
Wooster: 104 Spink St. | Wooster, OH 44691 330.264.8498
www.one-eighty.org
UNDERSTANDING THE CYCLE OF VIOLENCE

TENSION BUILDING

BATTERER
- Mood swings
- Nippy
- Withdraws affection
- Put-downs
- Yelling
- Drinking or drugs
- Threatens
- Destroys property
- Criticizes
- Sullen
- Crazy-making

VICTIM’S RESPONSE
- Attempts to calm partner
- Nurturing
- Silent or talkative
- Stays away from family and friends
- Keeps children quiet
- Agrees
- Tries to reason
- Cooks partner’s favorite dinner
- General feeling of walking on eggshells

ACUTE EXPLOSION

BATTERER
- Hitting
- Choking
- Humiliating
- Imprisonment
- Rape
- Use of weapons
- Beating
- Verbal abuse
- Destroys property

VICTIM’S RESPONSE
- Protects self any way they can
- Police called by self, children or neighbor
- Tries to calm batterer
- Tries to reason
- Fights back
- Leaves

DENIAL

Minimizing the abuse, acting as if it did not happen, or acting as if it will never happen again. This perpetuates the cycle of violence.

HONEYMOON

BATTERER
- "I'm sorry" or begs for forgiveness
- Promises to get counseling / go to church / AA
- Sends flowers or presents
- "I'll never do it again"
- Wants to make love
- Declares love
- Enlists family support
- Cries

VICTIM’S RESPONSE
- Agrees to stay
- Returns or takes batterer back
- Attempts to stop legal proceeding
- Sets up counseling appointments for batterer
- Feels happy or hopeful

EQUALITY WHEEL

NONVIOLENCE

NEGOTIATION AND FAIRNESS
Seeking mutually satisfying resolutions to conflict: accepting change and being willing to compromise.

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 non-violent role model for the children.

HONESTY AND ACCOUNTABILITY
Accepting responsibility for self: acknowledging past use of violence: admitting being wrong: communicating openly and truthfully.

NON-THREATENING BEHAVIOR
Talking and acting so that she feels safe and comfortable expressing herself and doing things.

RESPPECT
Listening to her non-judgmentally: being emotionally affirming and understanding: valuing opinions.

TRUST AND SUPPORT
Supporting her goals in life: respecting her right to her own feelings, friends, activities and opinions.

Developed by Domestic Abuse Intervention Project Duluth, MN

OneEighty
Helping people change direction.