

THE PATTERN OF DOMESTIC VIOLENCE IS PREDOMINANTLY MALE VIOLENCE AGAINST WOMEN

DOMESTIC VIOLENCE IS FOR A PURPOSE:

- *Makes her do something;*
- *Stops her from doing something;*
- *Punishes her for doing or not doing something*

Help is available:

1800 811 811
4721 2888

In an emergency:

000

NQDVRS

- ◆ Information and referral
- ◆ AARDVARC program for children
- ◆ Resources
- ◆ Court Support
- ◆ Choosing Safety Upgrades program
- ◆ Men's Behaviour Change Program
- ◆ SAFE Dads Program
- ◆ Community education & Training

TOWNSVILLE OFFICE

PO Box 6061, Townsville QLD 4810
Phone: 07 4721 2888 Fax: 07 4721 1794
nqdvrs @nqdvrs.org.au

1st Floor, Metway Arcade, 390 Flinders Street, Townsville

MOUNT ISA OFFICE

Po Box 502, Mt Isa QLD 4825
Phone: 07 4743 0946 Fax: 07 4743 7999
minqdvrs@nqdvrs.org.au
The Old Court House Building, Isa Street

<http://www.nqdvrs.org.au>

Against Violence #3



Pattern of Domestic Violence



There is a sequence of events in domestic violence which is common enough to be seen as a pattern. The pattern, once described, is easily recognised by people involved in these events and by workers who have observed it time and time again in many relationships.

NQDVRS
Funded by



While these events usually occur in the following sequence, some stages may not occur, and the timing in moving from one to the other will vary from couple to couple, depending on a variety of factors.

1. A "violent" incident occurs where the man uses some form of physical force against his partner. The woman or her partner may not see this as "violence", or may believe that the behaviour is appropriate. "it was just a slap/ shove" they both may believe she deserved it.

2. These violent incidents increase in severity and/or frequency. Other forms of abuse may occur:

- sexual abuse
- psychological abuse
- social abuse
- financial abuse
- verbal abuse

3. At some point in time the woman realises something is "wrong". However she believes she is responsible: For the family's stability For his happiness, well-being and good temper.

They can both believe she has "provoked" the violence and abuse. They both believe something else is the cause of the violence, and the real problem is: work; the children; stress or alcohol etc..

4. She may consider telling someone, but... She doesn't think anyone will believe

her, because he is charming to everyone else.

She doubts her own judgment about how serious the situation is (he has told her she is too sensitive / neurotic / over emotional/mentally ill). She has kept the secret for so long that she fears she will be asked "Why haven't you left if it's so bad?" (and she probably will be asked this.)

She still believes it's probably her fault.

5. She considers leaving him, but he threatens that if she leaves she won't get custody of the children, will get no money from him, will lose the house etc..

6. She tries harder

- to please him
- to not provoke the violent behaviour and abuse
- to make things the way he wants
- to work out what she is doing wrong.

7. The violence and abuse continues or escalates, in spite of her efforts.

8. When she has done everything possible, and the violence continues, she might leave. Or some other incident might

bring home to her the seriousness of the situation and prompt her to leave (eg. him hitting the children, almost killing her, the police becoming involved etc.)

9. Once she leaves she experiences:

- guilt at having failed as wife and mother
- her fear of being alone
- 1 the attitude of family and friends who often still won't believe that anything has happened.

10. The man responds to her leaving by: pursuing her; buying presents; telling her he needs her; getting angry about the fact she is not there.

Duluth Power and Control Wheel



Visit <http://www.nqdvrs.org.au> for printable version