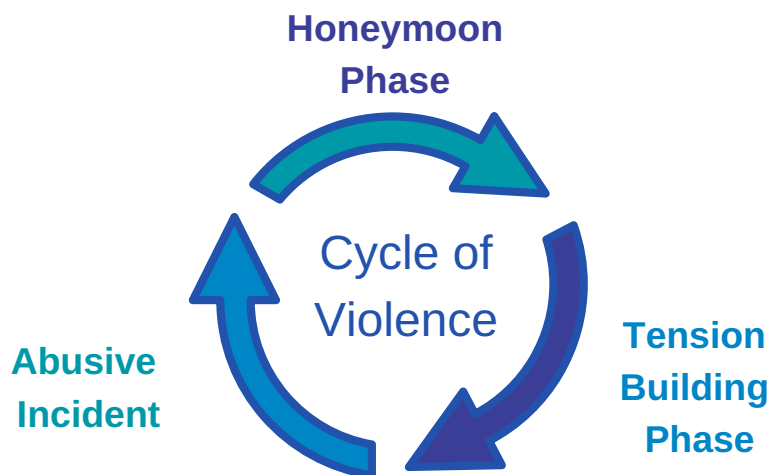


Intimate Partner Violence

Intimate partner violence, also called domestic violence, is a pattern of harmful and abusive behaviors. Abusers will use power and control over their partner. In most relationships there might be instances of unhealthy behavior, but when it becomes a pattern to have power and control over the partner, it is abuse. Remember, anyone can be a victim of intimate partner violence, and abuse isn't always physical.

Cycle of Violence

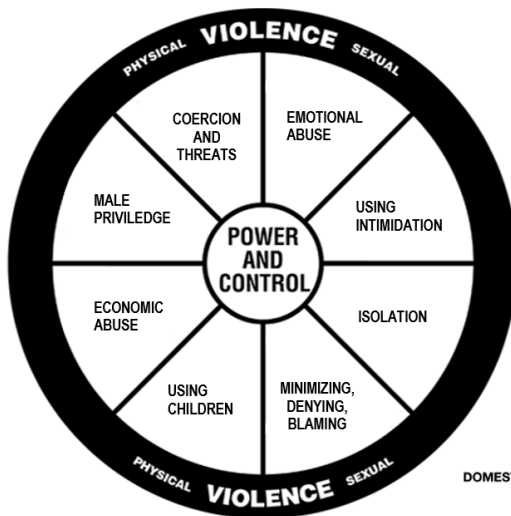
There are many ways to identify these abusive patterns, but the cycle of violence is a common way to pinpoint when abusive behavior builds, escalates to an incident, then resolves back into "healthy and loving" behaviors. The Cycle of Violence was created by Lenore Walker in 1979. She found that many violent relationships follow a common pattern or cycle. This cycle may happen several times a day, a few days, or the cycle may take weeks or months.



The **Honeymoon Phase** reflects the time after an incident, the abuser will be apologetic, say things like "I'll never do that again" or, "I'll be better next time." Then we move to the **Tension Building Phase** this will be the point where the abuser might become more critical, the victim might try harder to please their partner, the victim might feel like their "walking on eggshells." This will then lead to the **Abusive Incident**- the peak of violence towards the victim. The incident may not include physical aggression, it differs in every situation.

Another example is the Power and Control Wheel and the Equality Wheel, created in 1984 by the Domestic Abuse Intervention Project (DAIP) in Duluth, Minnesota.

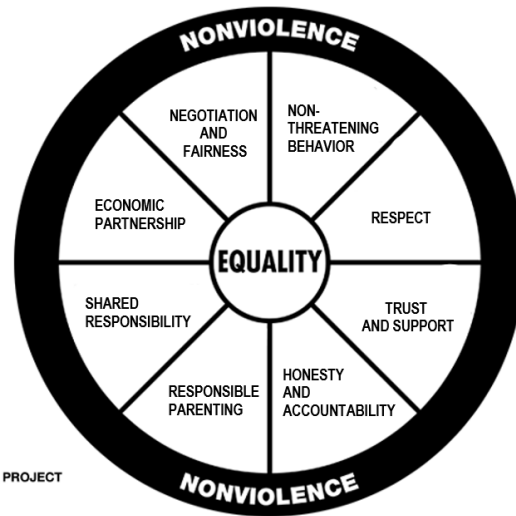
Power and Control Wheel



DOMESTIC ABUSE INTERVENTION PROJECT
 202 East Superior Street
 Duluth, Minnesota 55802
 218-722-2781
www.duluth-model.org

This wheel shows the types of behaviors abusers use to keep power and control over their partners. Power and control are at the base of every abusive relationship. These behaviors may escalate or change overtime, and when that happens, the abuser may resort to physical or sexual violence to keep the power and control over their partner. Remember, a relationship can still be abusive without physical and sexual abuse.

Equality Wheel



This wheel shows the types of behaviors that healthy relationships encapsulate. Abusers can change and so can their behavior. These are the behaviors abusive partners should strive for in their relationships. The behaviors in this wheel need to be surrounded by a culture of non-violence as the outside of the wheel shows. Remember, it is the responsibility of the abuser to change their behavior, not the victims.