

# Pattern of Violence

There is sometimes a pattern to domestic violence. Even though the relationships may differ, the circle of abuse is usually in 3 parts. It's sometimes a deadly pattern that ends with someone getting seriously hurt or killed. If you're involved, you're not going to be able to tell you're in it. This pattern of violence has always been subjected to debate.

## Pressure Part

This is when anger and tension build up. Arguments are avoided and problems are ignored instead of dealt with. Angry feelings get bottled up.

## Blowup Part

Bottled up feelings get uncorked. Could be triggered by something like a tiny situation.

Abuser attacks him/her physically, psychologically, or both. Drugs and alcohol is sometimes involved. Abusive partner expresses rage that later on she/he cant recall. When the abuse is over the abused partner tries to smooth things out. The time after the blowup part is the best time to get help.

## Cooling Part

This is when the abused partner is spoiled like a trip to Disneyland or some trip to make up for the abuse and its usually done with repeated apologies, showered with gifts, promises wont happen again, and increased affection. Sometimes some violent relationships don't even go through the cooling part at all.

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# Domestic Violence Resources



## ORANGE COUNTY DEAF ADVOCACY CENTER

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## **Associations To Domestic Violence**

There is always a number of factors that are associated with domestic violence. They are usually alcoholism, substance abuse, infidelity, and psychiatric issues.

### **ALCOHOLISM & SUBSTANCE ABUSE**

Statistics appear to show a very strong relationship between alcohol and drug abuse and domestic violence, but some current research results question the connection. Over 75% of abusive incidents occur in the absence of alcohol. Substance abuse is involved in less than 25% of the incidents.

### **INFIDELITY**

Female infidelity damages a man's reputation, particularly in honor cultures - in which a man's reputation is seen as important to his economic survival. In honor cultures his reputation can be partially restored through the use of violence.

Women in honor cultures are expected to remain loyal in the face of jealousy related violence.

### **PSYCHIATRIC ISSUES**

Many incidents of domestic violence have been associated with depressive disorders.

### **Types Of Batterers**

There is scientific evidence that batterers fall into at least two distinct types of abusers that a pair of leading psychologists identify as the pit bulls and the cobras.

### **PITBULL TYPES**

Pit bulls are not as likely to have criminal histories and usually limit their violence to

family members. Many have had battering parents. They also insist on total control in their marriages and fear abandonment. This can lead to jealous rages and attempts to deprive their partners of independence. Pit bull violence is characterized by a slow burn that explodes into violence. They may be easier to leave initially, but can be more dangerous in the long term because some of them are likely to become obsessed with their partners, stalking and harassing them.

### **COBRA TYPES**

The cobra batterer is characterized by a history of antisocial behavior and criminal activities.

Cobras are likely to be violent outside their marriages, abuse drugs and alcohol and come from violent, traumatic childhoods. They insist on total control in their marriage to get immediate self-gratification. Their violence is swift and ferocious, making it particularly difficult for battered partners to leave them.

However, the danger period for a partner who leaves may be shorter because cobras generally stop pursuing their partners after a short while and go on to other activities they can control.

### **Are You In An Abusive Relationship?**

**You ARE definitely in an abusive relationship if your partner does ANY of the following:**

- Destroy your property or threaten to kick out or kill your pets.
- Take your money or Social Security from you or make you ask for money or refuse to give you money.
- Makes all the decisions for you.
- Embarrass you with bad names and put-down statements.

- Threaten to commit suicide.
- Threaten to kill you.
- Shove or slap or hit you.
- Force you to drop charges.
- Intimidate you with guns, knives, or weapons.
- Looks at you or acts in ways that scare you.
- Act that the abuse is nothing or deny it or makes it look like it's your fault.
- Control what you do, who you see or talk to, or where you go to.
- Stops you or prevents you from seeing or communicating with your family, friends, associates, or relatives.
- Tells you are a bad parent and threatens to take or have your children taken from you.
- Withholds approval, appreciation, or affection as punishment.
- Ignores your feelings regularly.
- Manipulated you with lies.
- Takes your car keys away.
- Using scare tactics.

## **Our Domestic Violence Program Offerings**

Our program provides emergency assistance to men and women and their children from their abusive partners. We have received numerous accolades and commendations from leading domestic violence counselors throughout the United States. All of our clients are guaranteed full confidentiality and safety.

24 Hour Rescue Assistance  
Psychologists Lined Up  
Anger Management Counselor Lined Up  
Emergency Shelter  
Food Banks / Soup Kitchens Resources  
Restraining Order Assistance  
Self Defense Products

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