Understanding abuse

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How to understand what abuse is?

Domestic abuse means that someone that is close to you, a partner or another member of your family, makes you feel unsafe. The person could use physical abuse by beating you or use physical force to harm you in different ways.

The abuse can also be psychological. Psychological abuse often means that another person is trying to control you. This can happen with the use of words and actions. Psychological abuse can be described as bullying – constant critique and words meant to diminish you, that makes you feel stupid, ugly and worthless as a person and as a mother.

Psychological abuse can be that a person seek to control where you are, what you do, what you spend money on, and who you meet. This could sometimes be understood as caring for you, but when it develops to limit your freedom, this becomes psychological abuse.

No matter the form of the abuse, it usually means that you adapt your behaviour to the situation to avoid the distress or discomfort it causes.



Read more about the subject here:
helsenorge.no (hva er vold)

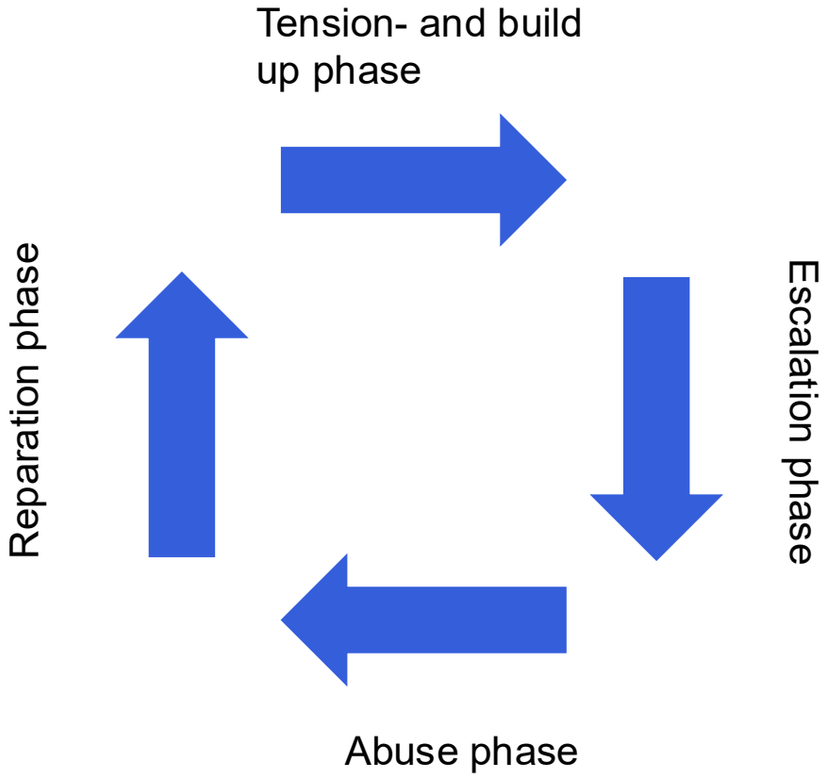
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The cycle of abuse

When you live with domestic abuse, many people recognice themselves in this model. It describes how you move through different phases, that often repeat themselves again and again. Do notice that not all domestic abuse necessarily fit in this cycle.



Description of the pattern:

- The calm phase is called reparation phase and comes after the abuse have been committed. The abuser feels shame, regret and guilt, and wants to repair the relationship, for example by giving gifts to the victim and child. Some call this phase for «honeymoon» - there is a promise of improvement – and the abuser shows care and kindness.

- After a while the tension builds up again, in the tension- and build up phase, where the victim can be blamed for the abuse that have occurred.

- In the escalation phase the tension is about to burst, and it is evident the abuse will occur.

- The victim can adapt and try to avoid the abuse, or to provoke the abuser into the abuse phase just to get it over with.

Read more about the subject here:
Bufdir.no (vold og overgrep)

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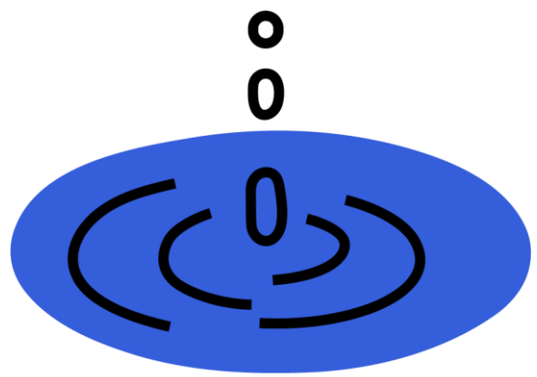
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Many relationships have similar patterns that are shown in the cycle of abuse.

- What do you think of this pattern and your situation?

- Are you concerned for your own and your child's safety?



- What are your alternatives to protect you and your child against the abuse?

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