

## **Domestic Violence: Reflection Questions**

1. How can you spot signs of domestic violence?
  - **Signs of an Abuser:**
    - Puts partner down in public
    - Aggressive personality
    - Very jealous or possessive
  - **Signs of a Victim:**
    - Makes excuses for partner's behavior
    - Unexplained marks or injuries
    - Limit time with family and friends
    - Shows depressed or anxious behavior
2. Describe the different types of domestic violence.
  - **Physical:** use of physical force that may hurt or injure another person
  - **Sexual:** force to participate in unwanted sexual activity
  - **Stalking:** repeated, unwanted attention and contact that causes fear
  - **Emotional:** use of verbal or non-verbal communication to control another person or cause emotional harm
  - **Financial:** control another person through money
3. What are the parts of the cycle of domestic violence? How does it continue?
  1. **Tension Building:** first and longest phase with abuser causing fear, guilt, threats and having unstable behavior "walking on eggshells"
  2. **Violence:** abuse occurs (physical, emotional, sexual, financial or stalking) with incidences increasing in intensity over time
  3. **Honeymoon:** abuser is apologetic, acting like they are sorry, with this phase becoming shorter with each cycle
4. Why do people stay in abusive situations?
  - Fear of what may happen to self or children
  - Belief that abuser will change
  - Love
  - Unemployment or unable to support oneself
  - No control over finances
  - Religious reasons
  - No friends, no support system
  - Nowhere to go
5. How can you get help or help someone else dealing with domestic violence?
  - **Steps:** find resources, information, and contact for safety planning, counseling and transitional housing
  - **Talk to your medical provider:** they can provide important information, links to community resources and help you make a safety plan
  - **Contact a local domestic violence shelter:** ask your medical provider, community members or look online in a safe place
  - **Contact the National Domestic Violence Hotline:**
    - Call: 1-800-799-7233 (SAFE)
    - Text: 1-800-787-3224