

Worried you Might be a Perpetrator of Violence?

- Do you feel your partner should devote all their time with you?
- Do you criticize your partner?
- Do you tell your partner they deserve the abuse? Or do you excuse the behavior based on being under the influence of substances?
- Do you monitor the daily activities of your partner?
- Do you experience jealousy which consumes you?
- Do you monitor and control your partners financial spending?
- Would you treat your boss, co-workers, friends or neighbors the same way that you treat your partner?
- Would you be okay if someone was treating your child, parent or sibling the same way you treat your partner?
- Has your behavior and attitude ruined past relationships?
- Have you physically assaulted your partner in any way?

Recognizing that your actions and attitudes may be abusive is the first step to change.

Counseling may be recommended.

Talk to a service provider in your community.

For more information on services in your area contact Manitoba Domestic Violence Help Line: 1-877-977-0007

Resources In Manitoba

If you or someone you know is experiencing violence call the Manitoba Domestic Violence Help Line: 1-877-977-0007

If you are a woman in need of a shelter in or out of Winnipeg call Manitoba's Association of Women Shelters: 204-430-4346 or 204-727-3644

If you need to speak to police but are not in immediate danger call their non-emergency line: 204-986-6222

If you are in immediate danger call 911



SOUTHERN CHIEFS' ORGANIZATION
Family Violence Prevention Project
105-1555 St. James Street
Winnipeg, Manitoba
204-946-1869

Interpersonal Violence: Relationship Spectrum

Is this Relationship Healthy?

respect **Commitment**
Communication
Support **Caring** **Equality**
Honesty **Trust**
Compromise **Loving**

Southern Chiefs' Organization
Family Violence Prevention

What is Interpersonal Violence?

Emotional: intentional put-downs such as name calling and criticism. Using fears, needs, hopes, dreams and weaknesses to control and cause intentional hurt.

Physical: any physical act intended to control, harm, injure or inflict physical pain, such as kicking, hitting, strangling, hair pulling, shoving, slapping, and punching.

Spiritual: any action that does not allow the freedom to practice one's own spiritual way of being. This includes denying access to ceremonies and Elders.

Psychological: intentionally undermining one's sense of self-worth, self-confidence and individual identity. This can include intimidation, humiliation, manipulation, isolation or accusations of any kind.



Healthy Relationships

This relationship is built on trust, respect and honesty. Both partners feel safe to share their feelings and communicate freely. Partners are honest but can keep some things private. Both partners are viewed as equal. Both are happy to spend time apart, recognizing the need for personal pursuits and space. Both respect each other's personal values and beliefs.

Unhealthy Relationships

This relationship is built on lack of respect. It may consist of poor communication where disagreements turn into fights. There is a lack of trust and one or both partner/s may be suspicious of the other's activities, in turn this may contribute to dishonesty. One partner attempts to control the relationship and may smother the other to the point where it is rare to spend time alone or with others.

Abusive Relationships

This type of relationship is disrespectful through various forms of abuse. One partner uses manipulation to have the other fulfill their expectations. These include false accusations, isolation from others, control over all aspects of life, emotional trauma and physical assault. The abuse causes fear and the abuser minimizes the abuse putting the blame on the victim.

Cycle of Violence

1. **Tension Building:** stress builds causing the perpetrator to feel powerless. This leads to them acting out emotionally and verbally towards victim. Tension builds and the victim may "walk on eggshells" to avoid conflict.
2. **Incident:** the tension will lead to severe emotional, verbal or physical attacks. This incident phase can happen once or multiple times.
3. **Denial:** The perpetrator will minimize the abuse as not severe or non-existent. Excuses are made for their actions and/or the victim is blamed. The victim begins to believe it was their fault.
4. **Honeymoon:** In this phase both partners pretend everything is normal and ignore the problem of abuse. This stage may also include apologies and promises that the abuse will end. Without help this cycle will continue.

