



# Kanaweyimik's Counselling Corner



## The Kanaweyimik Communicator

This issue of Kanaweyimik's Counselling Corner is going to talk about Domestic Violence. This newsletter did briefly discuss domestic violence in the May 2013 issue when the Family Violence Program was changed to a 25 week program, however, this issue is going to look at domestic violence and explain how personality types factor into this cycle. This issue will also talk about some of the less obvious or perhaps most misunderstood forms of domestic violence.

### Domestic Violence: Not always so obvious

Domestic violence includes many different forms of abuse that two people in an intimate relationship experience. Domestic violence can be one person abusing the other or both people abusing each other. People seem to be more aware of physical abuse so this issue will talk about psychological and emotional abuse. A lot of people think arguing and calling your partner names is "normal" and that this happens in all relationships. This is false. People who are healthy and assertive do not agree on everything, but they are able to speak openly and honestly about their thoughts and feelings in a respectful way. People who are assertive also understand relationships are about give and take and compromise.

Psychological and emotional abuse isn't always so obvious to people. Psychological abuse includes verbally attacking, humiliating in private and public, constantly accusing a partner of having affairs with no evidence, stalking, following your spouse to make sure they are going where they said they would be, telling your spouse who they can or cannot associate with, threatening suicide to gain compliance of your spouse, and trying to control your spouse in any way.

Acting jealous and using jealousy as a sign of love is also psychologically and emotionally abusive. Jealousy is about the jealous person and being jealous is linked to feeling insecure, inadequate, or overly dependent. Jealousy brings an emotional state of feeling 'out of control'. When someone is in a state of jealousy, they are less likely to think about what they are doing which means they are more likely to react emotionally and become verbally and psychologically abusive. Which eventually often leads to physical abuse of other abusive behavior.



# How Personality Types Factor into



## Domestic Violence



Passive and aggressive personality types fit the cycle of violence all too well. Passive people put themselves down and the aggressive person will also put the passive person down. Deep down the passive person feels like they are worthless and therefore they accept being abused and treated poorly. The aggressive person supports the passive person's belief in him/herself and will cut the passive person down, call them names and physically assault the passive person.

Although the passive person may intellectually know abuse is wrong and inhumane. Passive people work to please the aggressive person and will not confront or challenge the aggressive person. This means the passive person may start to believe the abuse they are experiencing is actually their fault and they deserve to be abused and mistreated. The aggressive person believes they are entitled to abuse their spouse and the passive person supports the aggressive person.

A passive person will always be attracted to a more aggressive person because a person will be attracted to someone who supports their personal beliefs. For example the passive person thinks they are worthless and the aggressive person will treat them like they are worthless. For the passive person to change this dynamic they must change their core beliefs about themselves. If the passive person doesn't do anything to change they will continue to attract aggressive people .

Passive behavior gets people stuck in the cycle of violence because passive people rationalize the abuse and tell themselves they deserve it. Passive people do not vocalize what they want or need and therefore they feel taken advantage of and misunderstood. A human being can only be taken advantage of so much before they will flip behavior and become aggressive. This is how both people in the cycle start to become the abuser.

Aggressive people are vocal about their opinions and in intimate relationships the passive person will often allow the aggressive person to dictate how the relationship will go. The aggressive person will think they are justified because the aggressor thinks the passive person can not make decisions or do anything right and so the aggressive person often believes they must take control of everything or it wont get done.



**Love is not abusive**

**Love & Respect  
go hand in hand  
in a healthy relationship**



# Domestic Violence

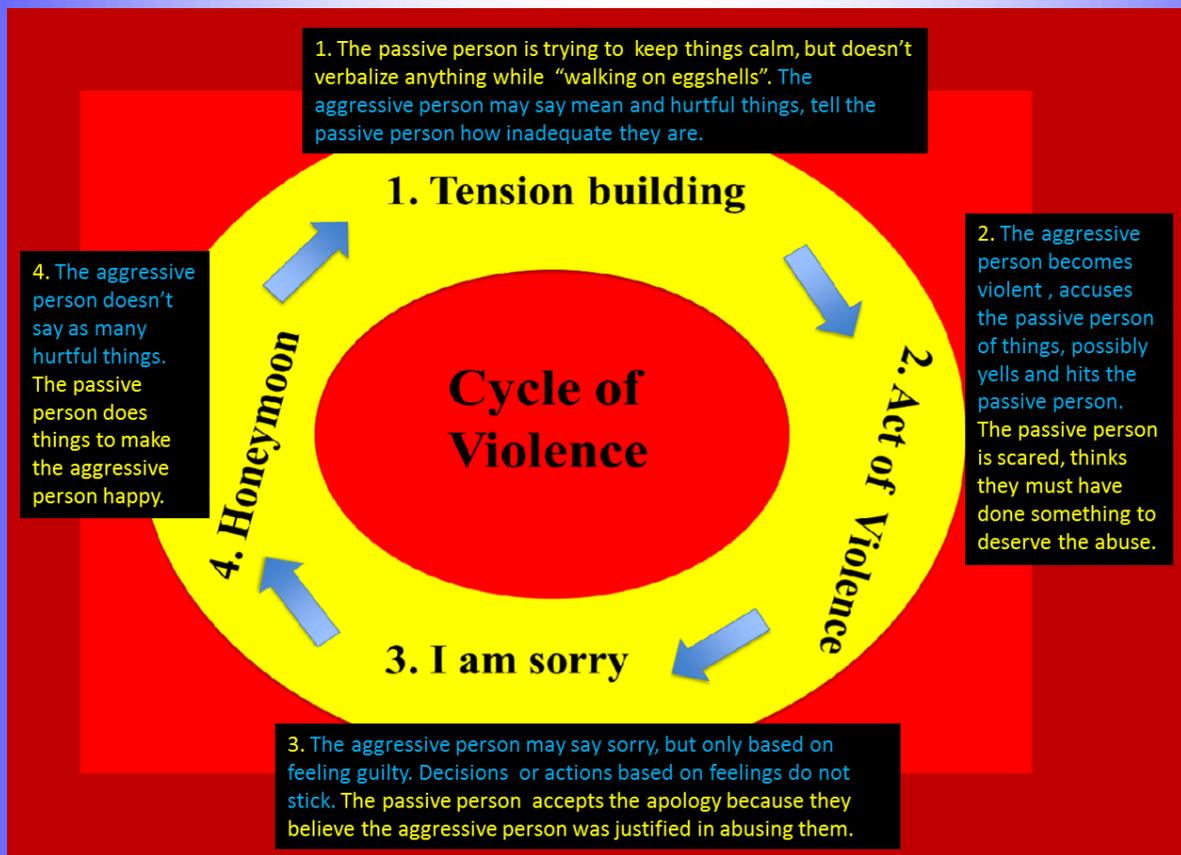


Although personality types do fit well in the cycle of violence, it is important to recognize that this is definitely not the only factor. There are also many ways to look at the cycle of violence and many factors which are all very unique to the people involved in the cycle.

The cycle of violence is useful because it gives people a framework to look at when looking at their own relationships. It also points out how the broken promises, and repeated apologies are simply words if there is no change in actions.

Domestic violence is a very real and serious issue and in order for change to happen people who are abusive need to acknowledge their actions, accept their behavior, and decide to change. Many people who live this cycle are very skilled at manipulation and are good at telling people what they want to hear, both passive and aggressive people are skilled manipulators. This is why “actions speak louder than words” and seeing change in behavior is so important when dealing with domestic violence.

An abuser can attend a program and not apply anything they are learning to their life. This is why changing behaviors is up to the individual. Programming can provide information and tools but if people are not using this information in their daily life the programming will not be affective. Peoples actions will always prove whether or not they are making changes in their life and over time these changes, or lack of changes, will become more evident. Below is one way personality types can factor into the cycle of violence.



# Domestic Violence is a community issue and a personal issue!

Many people who live the cycle of violence are not completely in touch with reality and deny a lot of what is going on. They live their life and relationship at a “fantasy level” and ignore mounting problems which lead to violence.

If you or someone you know is living the cycle of violence it is important to offer help as soon as possible. Although domestic violence often happens between two people, usually other people in that community know what's going on. If you ignore domestic violence and allow it to happen you are part of the problem. People who are living this cycle often will not get help on their own. Sadly domestic violence gets worse over time with no interventions in some cases can lead to homicide. People who live the cycle of violence confuse lust with love and get trapped in the downward spiral of domestic violence.



**To truly stop domestic violence each person involved in the cycle needs to take responsibility and choose to not engage in violence.**

