

WHEN LOVE HURTS

A WOMAN'S GUIDE TO
UNDERSTANDING ABUSE IN RELATIONSHIPS

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Diagrams and Exercises

DIAGRAM 2.1: THE CYCLE OF ABUSE

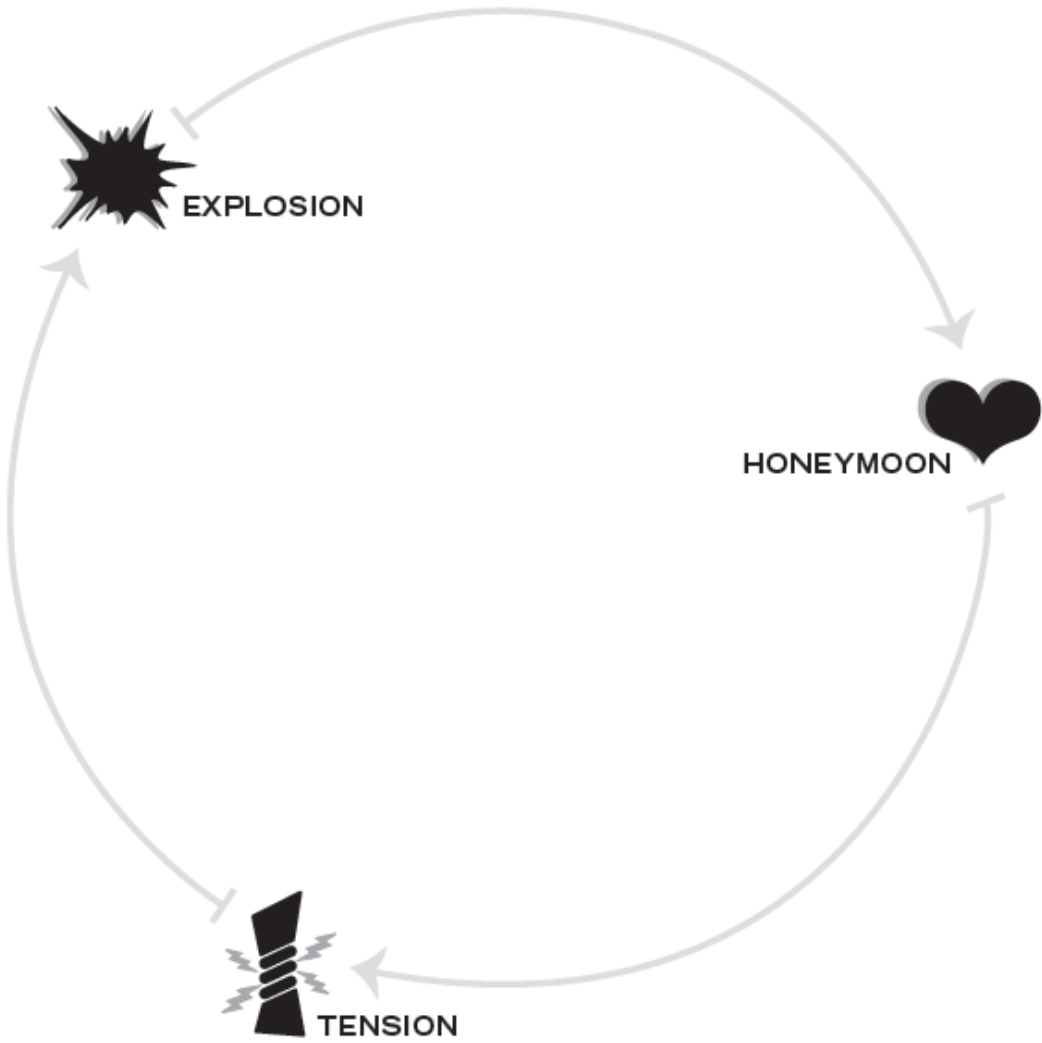
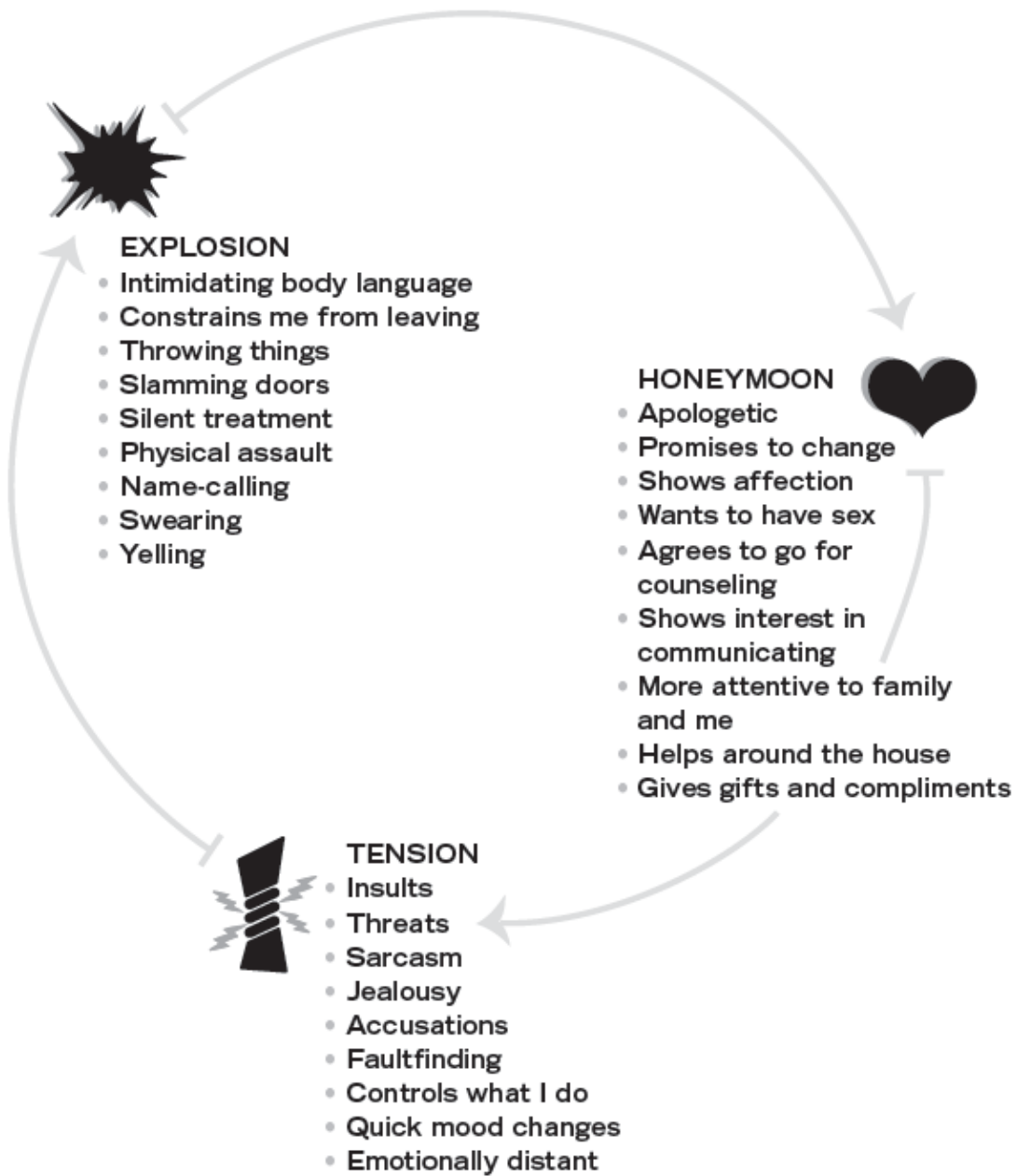
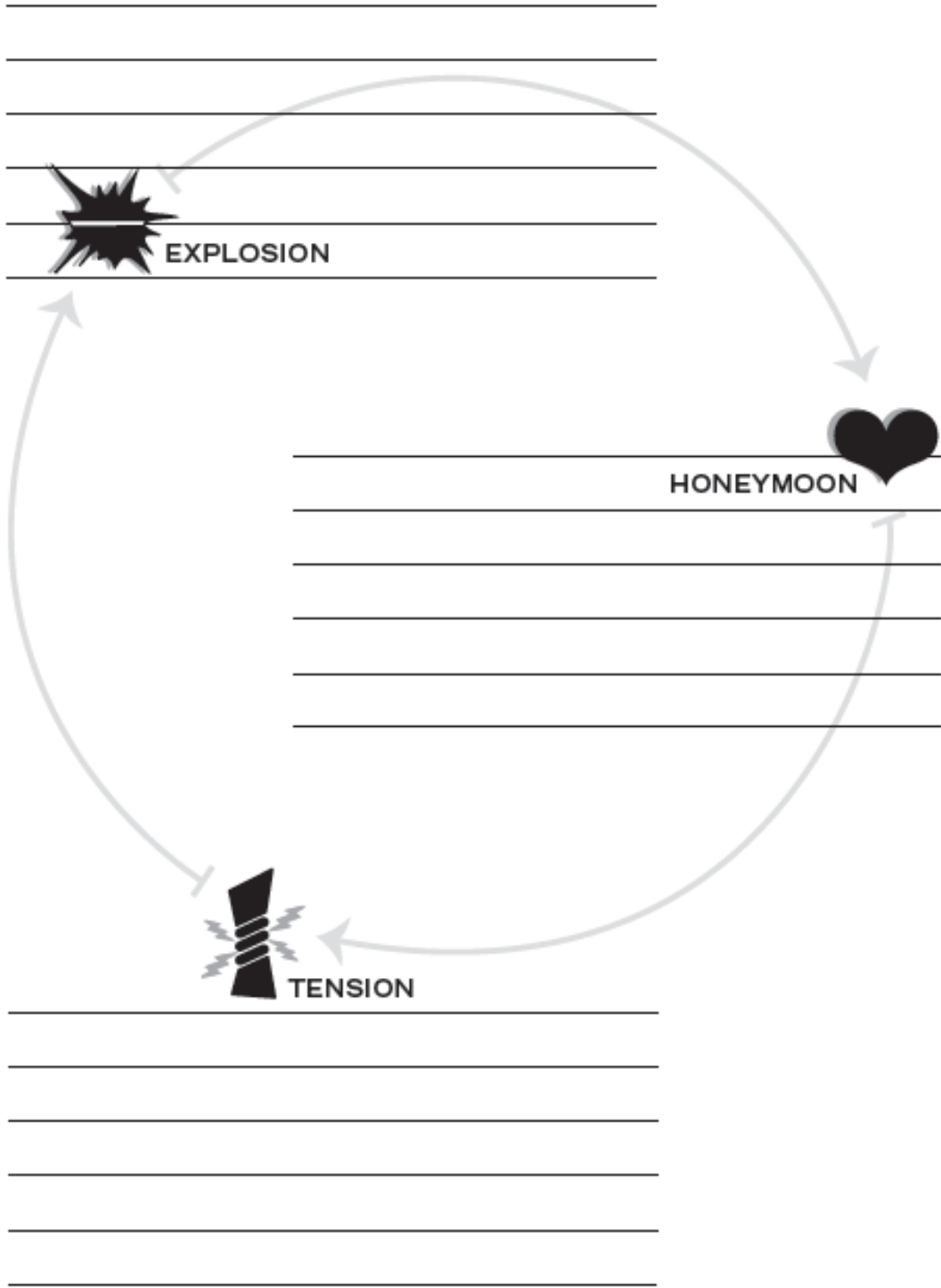


DIAGRAM 2.2: THE CYCLE OF ABUSE: EXAMPLES OF HIS BEHAVIOR



THE CYCLE OF ABUSE
My Experience of His Behavior



How Do I Experience the Cycle of Abuse?

DIAGRAM 3.1: WOMEN'S EXPERIENCE OF THE CYCLE OF ABUSE



THE CYCLE OF ABUSE
Impact on Me

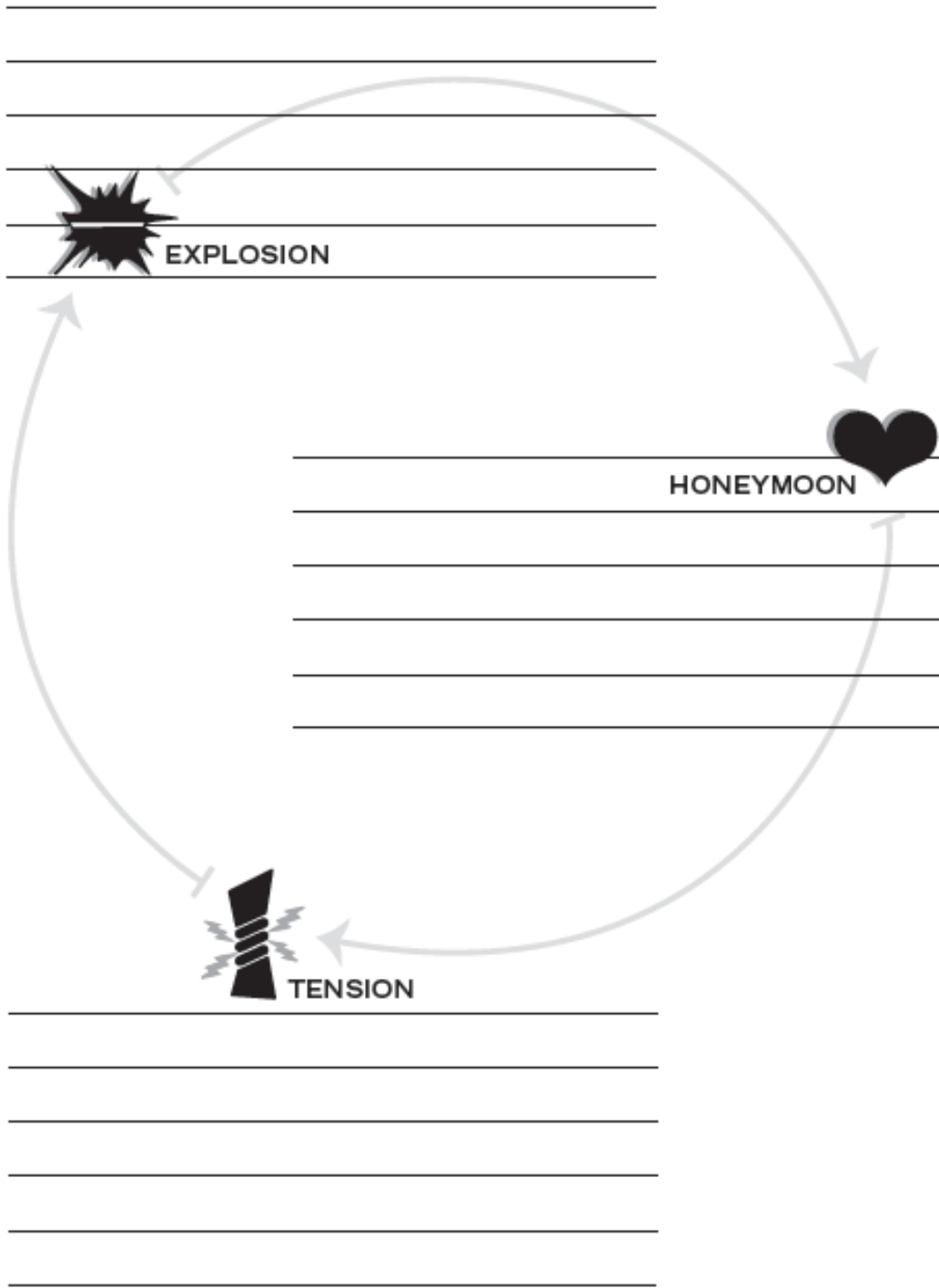


DIAGRAM 4.1: POWER AND CONTROL WHEEL



POWER AND CONTROL WHEEL

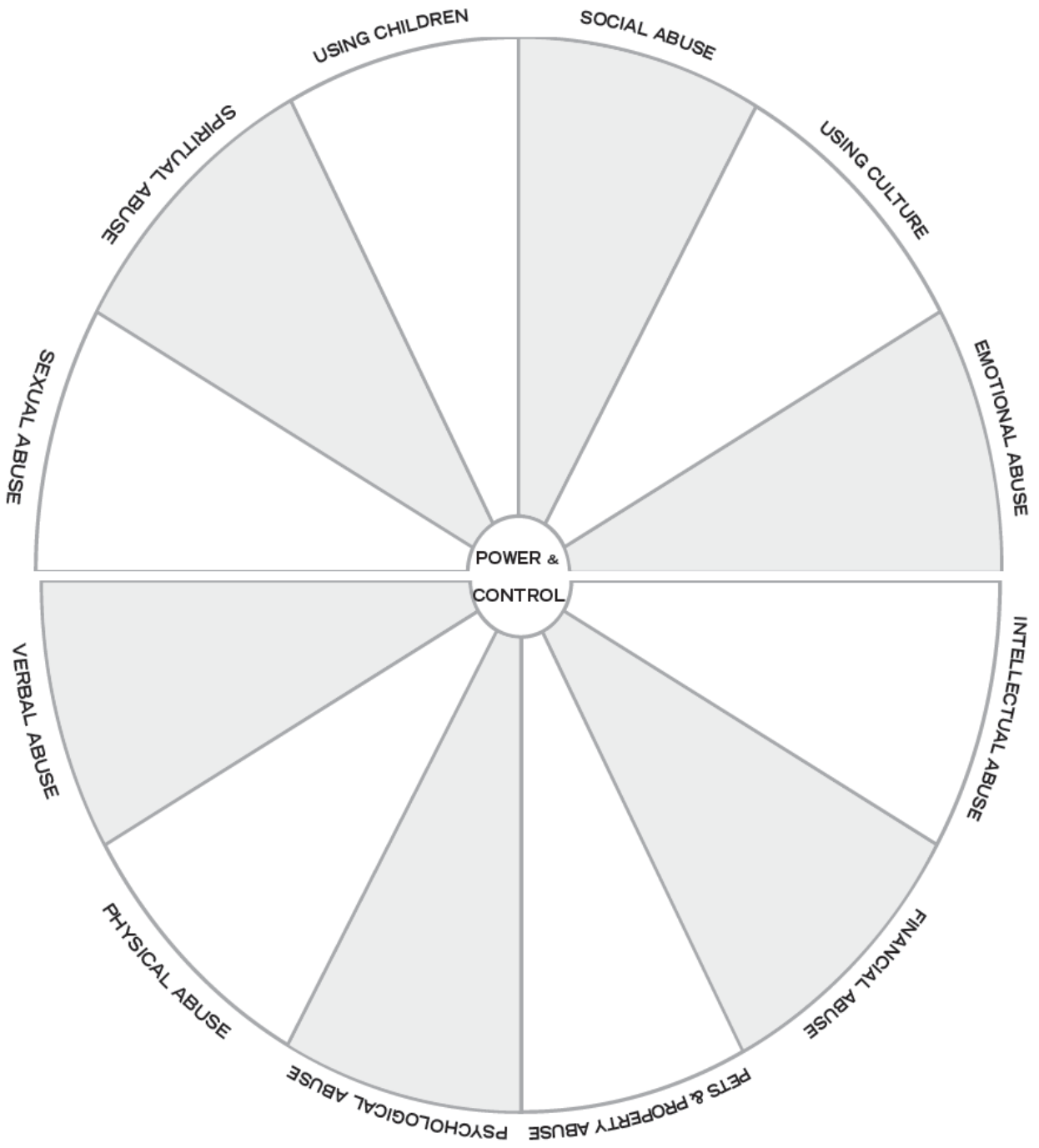


DIAGRAM 6.1: REFRAMING EXERCISE

NEGATIVE DESCRIPTION	SAFETY STRATEGY	STRENGTH	IMPACT
<i>“You’re a troublemaker”</i>	I need to defend myself against my partner’s accusations	I have my own opinions and ideas	I’m made to feel responsible for problems
<i>“You can’t handle conflict”</i>	I watch out for my emotional and physical well-being	I’m able to negotiate and compromise in my relationships	My experiences of abuse have made me afraid of conflict
<i>“You’re too dependent on your partner”</i>	I know my independence threatens my partner’s need to control me	I’m interested in my partner and our relationship	My partner has forced me to be dependent (socially, financially, etc.)
<i>“Your expectations are too low”</i>	I know it is unsafe to state my expectations	I am a tolerant person	My partner does not meet my expectations so I am forced to lower them
<i>“You are not assertive enough”</i>	I know it is unsafe to express my needs or opinions	I am respectful of others	My experiences of abuse have made me cautious
<i>“You nag too much”</i>	I know I have to remind my partner or I will be blamed for his forgetfulness	I’m asking my partner to be responsible for his part in the relationship	I have to repeat myself in order to be heard
<i>“You love too much”</i>	I have to be loving so he won’t become angry and abusive	I am a caring, compassionate person	The honeymoon phase of the Cycle keeps me engaged in the relationship
<i>“You pay too much attention to your partner’s feelings”</i>	I focus on my partner’s moods to anticipate explosions	I care about my partner	I am unable to pay attention to my personal needs

NEGATIVE DESCRIPTION	SAFETY STRATEGY	STRENGTH	IMPACT

DIAGRAM 7.1: CONTRASTING BELIEF SYSTEMS

POWER AND CONTROL BELIEF SYSTEM	RELATIONSHIP BELIEF SYSTEM
Central	Connected
Superior	Equal
Deserving	Mutual

DIAGRAM 7.2: ACCOMMODATING HIS DESIRE FOR CENTRALITY

YOUR PARTNER	YOU
Central	Peripheral
Superior	Inferior
Deserving	Serving

Evaluating Your Support

POTENTIAL SOURCES OF SUPPORT	HOW HAS THIS PERSON OR SERVICE BEEN HELPFUL OR UNHELPFUL?
<input type="checkbox"/> Women's shelter or safe housing	
<input type="checkbox"/> Victim services	
<input type="checkbox"/> Women's resource center	
<input type="checkbox"/> Group counseling for women	
<input type="checkbox"/> Counselors for you or for your children	
<input type="checkbox"/> Family	
<input type="checkbox"/> Friends	
<input type="checkbox"/> Immigrant support services	
<input type="checkbox"/> Doctor or health-care provider	
<input type="checkbox"/> Mental health services	
<input type="checkbox"/> Addiction services	
<input type="checkbox"/> Lawyer	
<input type="checkbox"/> Police	
<input type="checkbox"/> Employment (boss/co-workers)	
<input type="checkbox"/> Employment training	
<input type="checkbox"/> Child care	
<input type="checkbox"/> Children's school	
<input type="checkbox"/> Recreation center, social or sports club	

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POTENTIAL SOURCES OF SUPPORT	HOW HAS THIS PERSON OR SERVICE BEEN HELPFUL OR UNHELPFUL?
<input type="checkbox"/> Social services/social worker	
<input type="checkbox"/> Food bank	
<input type="checkbox"/> Church/faith community	
<input type="checkbox"/> Spiritual leader	
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	

DIAGRAM 11.1: THE HEALING PROCESS

