

## Coercive Controlling Domestic Violence (Battering)

*Pick one of the following comments on battering to discuss with the group:*

1. "When you live with a batterer, you come home and you have to account for your day."
2. "A person who batters believes the person they are battering exists for them; for example, if the batterer is having a bad day then their partner doesn't get to have a good day."
3. "When you are being battered, you don't get to be an autonomous (make decisions on your own) person."
4. "Using the tactics on the power and control wheel brings a woman back into her *place* when she strays."
5. "A person who lives with a batterer has to adjust her \ his life based on how the batterer is going to respond to what she \ he does."
6. "People who are being battered stop trusting their thinking."
7. "If you live with a batterer and you are talking on the phone with your sister when he or she comes home, you can't just keep yakking away."
8. "People who are being battered are intentionally being controlled."
9. "Sexual safety means having sex you want to be having." (When you want it, how you want it and where you want it; of course this also means the sex is consensual, both people want to be intimate.)
10. "When you are being battered, there is always a possibility of being punished if you don't comply with the batterer."

# Power and Control Wheel



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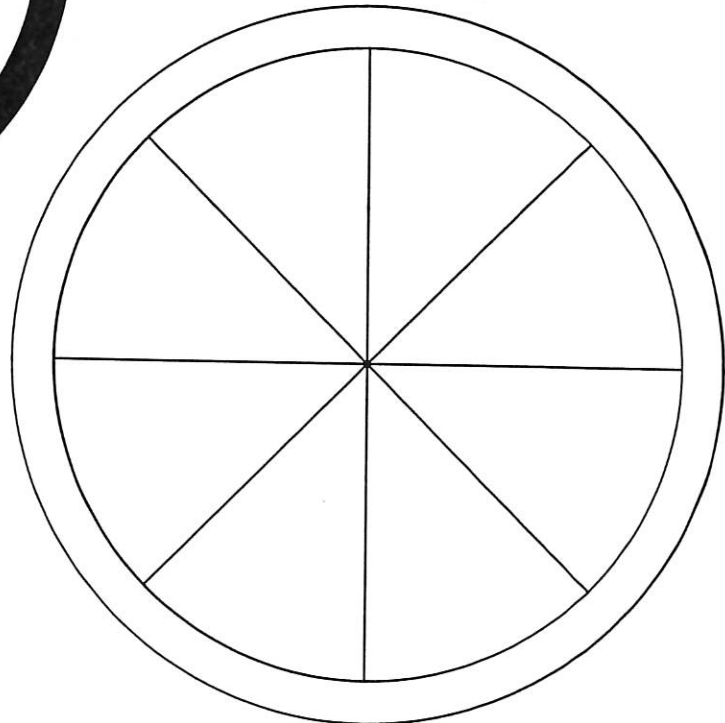
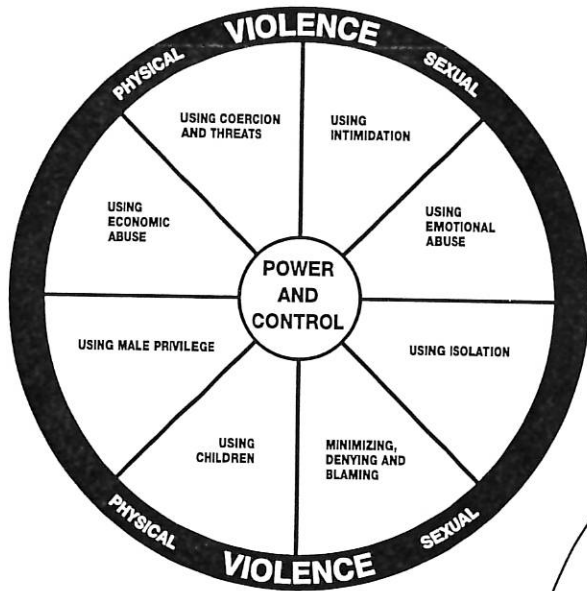
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# What Tactics are Being used Against Me?

On the left side is the power and control wheel. When we talked to over 200 women, these are the tactics of control they said their abusive partners used against them. But each woman talked about these differently. For some women the most harmful tactic was the violence; for others, it was threatening her with taking the children.

*Fill out the empty wheel based on which controlling tactics your partner most often uses against you. Put the most harmful tactics on the rim (outside) of the wheel. You may be adding tactics not found here, such as, he uses my immigration status against me.*

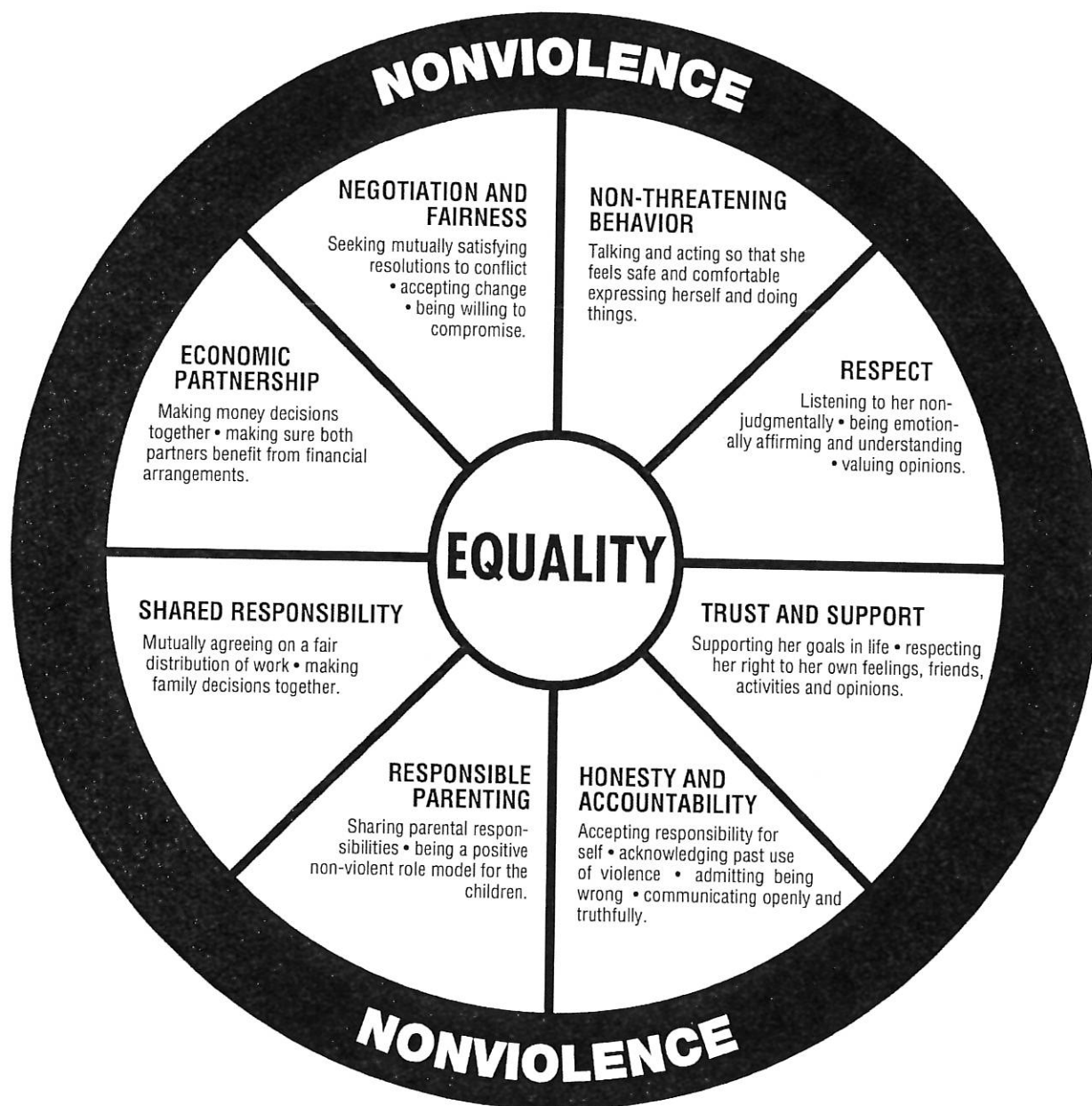


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# Equality Wheel



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# Equality Assessment Tool

Fill out the following two equality assessments. The first assessment is based on the first year you and your partner were together. The second assessment is based on your relationship now. Once you have completed the assessments put the numbers under each category on the two equality wheels. For example, if you circled 1 under the negotiation and fairness category you should put a one next to that category on the equality wheel.

Now you can visually see the difference between the beginning of your relationship and now. The group will talk about why those differences might exist and what happened to cause them.

## The First Year of My Relationship

Mark each category 1 through 5. Five (5) means that you and your partner are fully equal; you both have equal say and power and ability to act in these areas. One (1) means there is no equality.

### *Negotiation and Fairness*

In my relationship, when there is conflict, my partner and I are able to compromise and then change what we need to change in our relationship.

1                      2                      3                      4                      5  
*Strongly Disagree*                      *Agree*                      *Strongly Agree*

### *Non-threatening Behavior*

Both my partner and I talk and act in a way that the other feels safe to express their true thoughts and feelings.

1                      2                      3                      4                      5  
*Strongly Disagree*                      *Agree*                      *Strongly Agree*

### *Respect*

Both my partner and I are understanding, listen non-judgmentally, and value the other's opinions.

1                      2                      3                      4                      5  
*Strongly Disagree*                      *Agree*                      *Strongly Agree*

### ***Trust and Support***

Both my partner and I support each other having our own friends, our own activities, and our own opinions.

1                      2                      3                      4                      5  
*Strongly Disagree*                      *Agree*                      *Strongly Agree*

### ***Honesty and Accountability***

Both my partner and I admit when we're wrong, and accept responsibility for our actions- including violent behavior.

1                      2                      3                      4                      5  
*Strongly Disagree*                      *Agree*                      *Strongly Agree*

### ***Responsible Parenting***

Both my partner and I share in the responsibility of raising the children and act as non-violent role models.

1                      2                      3                      4                      5  
*Strongly Disagree*                      *Agree*                      *Strongly Agree*

### ***Shared Responsibility***

Both my partner and I make family decisions together and mutually decide upon who will do what when it comes to the children, the housework, etc.

1                      2                      3                      4                      5  
*Strongly Disagree*                      *Agree*                      *Strongly Agree*

### ***Economic Partnership***

Both my partner and I make money decisions together. Both of us benefit mutually from the financial decisions.

1                      2                      3                      4                      5  
*Strongly Disagree*                      *Agree*                      *Strongly Agree*

# Equality Assessment Tool

## My Relationship Now

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<i>Strongly Disagree</i>		<i>Agree</i>		<i>Strongly Agree</i>

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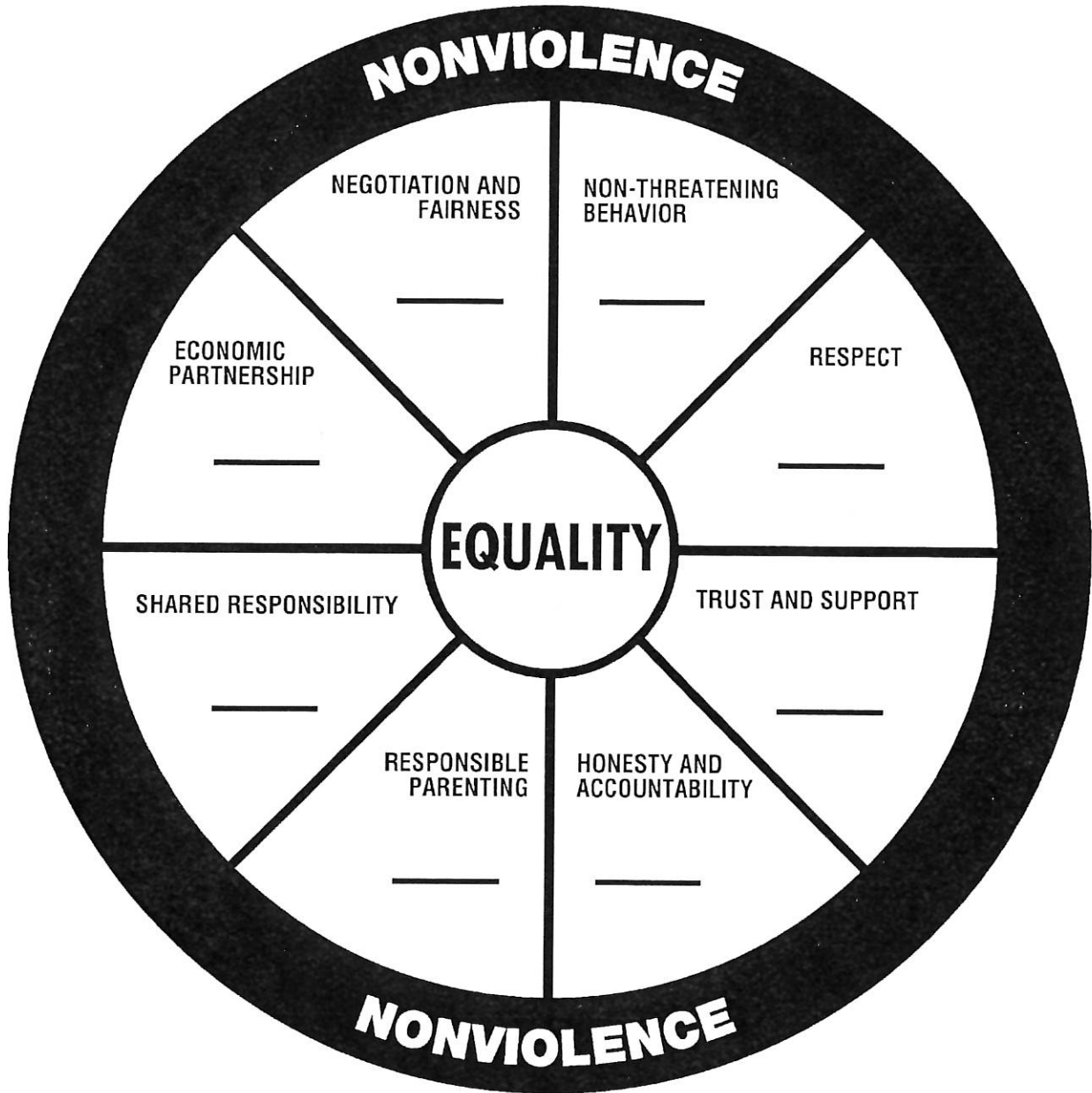
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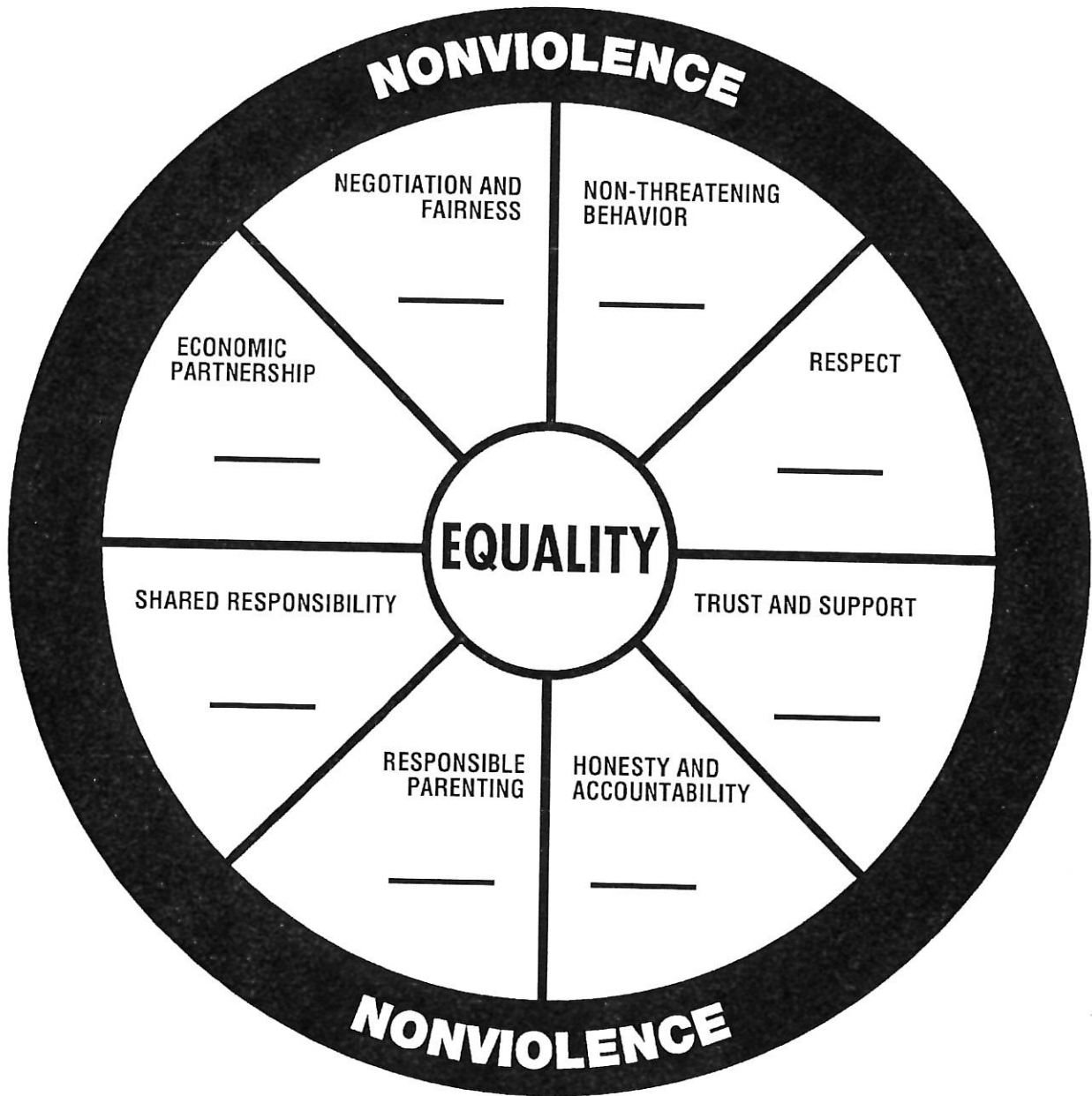


# Score for My First Year



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# Score for My Relationship Now



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