

P—Freedom Teams—Battering—DID YOU KNOW (4)

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Battering can happen domestically, in a family.

Can it also be used politically?

Does any of the following apply to political conversations you've experienced, or to the persons with whom you've engaged about a political topic?

#	L	FOOD: DID YOU KNOW...
1	2	<p>DID YOU KNOW...</p> <p>...There are 10 tactics used in domestic violence that allows the batterer to gain power and control over their mate?</p> <p>“Most people know about Physical and Sexual Abuse, but few are aware of the other eight...” From Family Matters Counseling: “8 tactics used by batterers to gain control.” www.fmcounselingmichigan.com/8-tactics-used-by-batterers-to-gain-control/</p> <ol style="list-style-type: none"> 1. Intimidation—happens when the abuser uses gestures, dirty looks, throws temper tantrums, breaks thing in the home, abuses pets or brandishes a weapon...to instill fear. 2. Economic abuse—is when your mate withholds access to money, credit and debit cards. You must ask your mate to spend the money you earn... 3. Emotional abuse—is where your mate uses put-downs, name-calling, embarrassment, or tries to make their partner feel guilty. The partner may even try to play mind games and lead their mate to believe that s/he is crazy or that something is wrong with them instead of the abuser. 4. Using others—is the tactic of using family members, friends, ex-lovers, and maybe even pets to regain control, sympathy, and favor with their partner, family and friends.... 5. Coercion and threats—are used in negative and seemingly positive ways. Coercion and threats are negative when the abuser makes threats of hurting their mate and does. They may also make threats to leave the partner or even commit suicide all in an effort to keep control over their mate. Coercion can also be seen as a way to win back affections because it gives the appearance of being sorrowful for a behavior... 6. Isolation—is a very subtle tactic that does not always show itself as a manner of obtaining power and control. Here the abuser monitors where his mate is going, who she talks to, restricts her from being around family or friends... 7. Obfuscation—also known as blaming others is a tactic that almost every person uses to deflect blame for something they have done...In the case of intimate relationships, it is a method to blame the victim for the abuser's behavior... 8. Male privilege—is a tactic that men use to gain respect, power and control, and favor....Batterers use male privilege to hit, sexually assault, and abuse women. Male privilege is also used to dictate the roles of men and women in the relationship.
2	2	<p>DID YOU KNOW...</p> <p>...Battering is brainwashing.</p> <p>“...survivors of domestic abuse show the effects of mind control, also known as brainwashing....”</p>

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		<p>From Domestic Shelters: “Yes, Abusive Partners Brainwash Their Victims.” www.domesticshelters.org/articles/identifying-abuse/yes-abusive-partners-brainwash-their-victims</p> <p>Brainwashing Tactics:</p> <ol style="list-style-type: none"> 1. Blocking their partner from making decisions about things that matter 2. Keeping their partner sleepy and even malnourished 3. Pushing their partner to consume alcohol and drugs 4. Slipping drugs into their partner’s drinks without their knowledge 5. Restricting access to information 6. Exhausting them physically (through forced labor in or outside the home) 7. Enforcing impossible rules with punishments for “disobedience” 8. Humiliating and injuring their partner through sex 9. Manipulating their partner through lies, the silent treatment, and gaslighting 10. Making their partners “crack” mentally by torturing them. For example, by denying them needed medication, locking them in a room, forcing them to listen to two talk radio stations at once, denying them access to showers, or forcing them to harm their own child or pet. <p>Abusers use mind control for the same reasons they use intimidation, isolation, putdowns, control of finances, and a host of other tactics...”They need to feel control over their partners and the dynamics of the relationship...”</p>
3	2	<p>DID YOU KNOW...</p> <p>...There are best ways to protect and or engage with someone who is under the brainwashing that has resulted from battering.</p> <p>If you are concerned that someone may be a risk, contact the National Violence Hotline at 1-800-799-7233.</p> <p>For an approach to someone who may be under the control of a batterer: Go to AllNeedsMet.us. Click on the Training Pages. Scroll down to section 8.12 for several documents.</p> <p>“If you know or suspect that someone is a victim of domestic violence, you might feel clueless about the best way to help. But don’t let a fear of saying the wrong thing prevent you from reaching out! Waiting for the perfect words could keep you from seizing the opportunity to change a life.”</p> <p>From Very Well Mind: “9 Ways to Help a Victim of Domestic Violence.” www.verywellmind.com/how-to-help-a-victim-of-domestic-violence-66533</p> <p>How to Help a Victim of Domestic Violence</p> <ol style="list-style-type: none"> 1. Make time for them <ol style="list-style-type: none"> a. Provide a time of calm. b. Allow enough time in case victim opens up. 2. Start a conversation <ol style="list-style-type: none"> a. Say things like: <ol style="list-style-type: none"> i. “I’m worried about you because...” ii. “I’m concerned for your safety...” iii. “I have noticed some changes that concern me...” b. Let the person know you will be discreet. c. Let the conversation unfold. 3. Listen without judgment <ol style="list-style-type: none"> a. Listen to the story without judgment, offering advice or suggesting solutions. b. Active listening: give the person full opportunity to talk.

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		<ul style="list-style-type: none"> c. Ask clarifying questions. d. Mainly, let the person vent feelings and fears. <p>4. Learn the warning signs:</p> <ul style="list-style-type: none"> a. Physical signs: <ul style="list-style-type: none"> i. Black eyes ii. Busted lips iii. Red or purple marks on the neck iv. Sprained wrists v. Bruises on the arms b. Emotional signs: <ul style="list-style-type: none"> i. Low self-esteem ii. Overly apologetic or meek iii. Fearful iv. Changes in sleeping or eating patterns v. Anxious or on edge vi. Substance abuse vii. Symptoms of depression viii. Lost of interest in once-enjoyed activities and hobbies ix. Talking about suicide <ul style="list-style-type: none"> 1. If suicidal: National Suicide Prevention Lifeline at 988 2. If you or a loved one seems to be in danger: 911 c. Behavioral signs: <ul style="list-style-type: none"> i. Becoming withdrawn or distant ii. Canceling appointments or meetings at the last minute iii. Being late often iv. Excessive privacy concerning their private life v. Isolating themselves from friends and family <p>5. Believe Domestic Violence Victims</p> <ul style="list-style-type: none"> a. Often the dark side of perpetrator is not seen by others. b. Victims often feel they won't be believed. c. Believe the victim's story and say so: <ul style="list-style-type: none"> i. "I believe you." ii. "This is not your fault." iii. "You don't deserve this." <p>6. Also in the article...</p> <p>7. Validate the Victim's Feelings</p> <p>8. Reasons Why Victims Stay</p> <p>9. Other Specific Support</p> <ul style="list-style-type: none"> a. If the victim asks for a specific, and if willing, don't hesitate to help. b. Help form a safety plan. <p>10. What Not to Do</p> <p>11. When to Call the Police</p> <p>12. Takeaways</p>
4	2	<p>DID YOU KNOW...</p> <p>...There are ways to help a person recognize that they are a batterer, and to know that they can be changed from these behaviors.</p> <p>From American Counseling Association: "Intimate Partner Violence—Treating Battering Perpetrators." www.counseling.org/docs/default-source/practice-beliefs/intimate-partner-violence-treating-battering-perpetrators.pdf?sfvrsn=90ed9df7_1</p> <p>4th section: "Intervention Strategies"</p> <p>"General strategies and considerations that should be used when working with battering perpetrators"</p>

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		<p>include the following; there are more strategies in the article.</p> <p>Point 2: Many clients in this population do not typically seek services voluntarily, but are mandated by the court system into the intervention. Dropout and attrition rates may be very high.</p> <p>Point 5: Group interventions are the most common approach. One reason for the group approach is so that clients can learn from other participants who have been in the intervention for a longer time. In addition, the group format allows group members to challenge and hold one another accountable in accepting responsibility for abusive behaviors.</p> <p>Point 6: The topics that are often addressed in batterer intervention programs include education about battering and its associated power and control dynamics, skill building (e.g., anger management, stress management), cognitive and behavioral change, and accepting responsibility for violent behaviors.</p>