

Awareness Into Domestic Abuse-AIDA 501c3 is a non-profit organization that seeks to bring awareness to communities. AIDA Chronicles consists of testimonials of past participants, articles, domestic violence statistics and facts. Our goal for the reader is to gain a greater insight into the ongoing work of men transforming themselves and their inferior belief systems. AIDA hopes that all who read the AIDA Chronicles will gain insight into ending the abuse of women in America.

NEW COURSE IS HERE!



Understanding the Cycle of Violence Correspondence Course

If interested in this course, please write us and we will send you information on how to sign up.

ACTS

(A Call to Serve)

If you have completed the AIDA by Mail course and are willing to help grow our organization inside your community, we could use your help. By spreading the word on how AIDA has helped you in your development is something others can learn from. If you are open and willing to circulate fliers, brochures, sign-up new members, and assist those who need help with our correspondence courses, this is a call to serve. Those interested please write AIDA, "Attention: ACTS Program"

AIDA BOOK CONTEST

AIDA wants to hear from you. Write an essay of 100 words (minimum) 250 words (maximum) speaking on what is power & control, and how did it take place in your intimate relationships, interpersonal relationships, & family relationships. The best essay will win the book The Domestic Violence Sourcebook. Everyone's writing will be judged by content only. Spelling, grammar etc. isn't a determining factor. We encourage all who are interested to submit. Make sure to include your full name, CDC #, prison, housing. All entries need to be postmarked by July 1, 2022 one entry per person. When submitting send to AIDA attention "Essay Writing Entry." This is the first of more to come.

When Writing Us

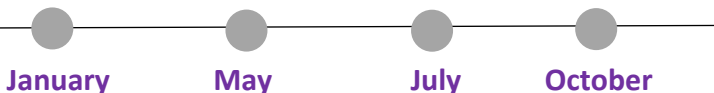
Don't forget AIDA is not:

- Pen-Pal Agency
- Legal Assistance Program
- We cannot write support letters at this time.

The postal service will return mail if it is not address to the organization directly. Be sure to address it as follow

Awareness Into Domestic Abuse

When You Can Expect the AIDA Chronicles



Submit your writings/photo, drawings, or poem for a possible print in one of our future AIDA Chronicles.

Breaking the Cycle of Abuse

By: Beverly Engel L.M.F.T.

We live in a violent nation. The latest senseless killing of George Floyd seems to have united many to stand up against police violence against African Americans. But there is another cycle of violence we also need to focus on—the cycle of abuse in our homes.

If we ever hope to bring more peace into our world, we must start by ending the emotional, physical, and sexual violence that occurs in our homes. Having made the connection between childhood abuse and adult abuse and violence, we need only expand this knowledge to help us understand the violence that occurs in our communities.

Children who are neglected or abused in the home are far more likely to become either bullies in school or the victims of bullies. Many of the students who have taken up arms at school were found to have been the target of vicious bullying by their classmates. And we know that a majority of those in prison for violent crimes were either emotionally, physically, or sexually abused as children.

Those who are mistreated perpetuate a culture of violence that affects us all. Therefore, the work we do on breaking the cycle of abuse in our own families will have even greater ramifications for society at large.

Even though many people recognize the cyclical aspect of neglect and abuse, not enough is being done to break the cycle. Those who come from abusive or neglectful backgrounds are generally not offered courses or therapeutic programs that will help them to clear up the debris of their childhood before embarking on a new life with a husband or wife. Neither are there such programs for potential parents. Most programs are offered only to those who have already begun to abuse their spouse or their children.

Shame is a significant factor in the continuation of the cycle of abuse. It is not only one of the emotions that cause the cycle to continue but it often prevents people from getting help. It is time to stop blaming and shaming those who do to others what was done to them. It does no good to make monsters out of those who continue the cycle of violence by abusing their children or their partner. This only serves to harden them even more and make them less inclined to reach out for help.

It has become overwhelmingly clear that people don't just "get over" child abuse. They continue to suffer and even more importantly, they pass on the abuse to other people. If you were emotionally, physically, or sexually abused as a child or adolescent, or if you experienced neglect or abandonment, it isn't a question of whether you will continue the cycle of abuse or neglect, it is a question of how you will do so—whether you will become an abuser or continue to be a victim.

Although this may sound unnecessarily negative to you, it is the truth. Research clearly shows that those who have been abused either absorb abuse or pass it on. In the past 25 years, studies on abuse and family assaults strongly suggest that abused children often become abusers themselves and that child victims of violence become violent adults. Individuals with a history of childhood abuse are four times more likely to assault family members or sexual partners than are individuals without such a history. Females who have a history of being abused in childhood are far more likely to continue being victimized as adults.

But we don't need research to tell us what we know intuitively. If abuse and neglect were not passed down from generation to generation, we simply would not have the epidemic of childhood abuse and neglect we are experiencing today. "But I know plenty of people who were abused or neglected as children who did not grow up to be abusers or victims," you might counter. Even though I'm sure there are a number of survivors you can think of who seem, on the surface, to be leading normal, healthy lives, I can assure you that there are many things that go on behind closed doors that the average bystander never knows about.

If you could be a fly on the wall, you might see the cycle of abuse being repeated in the way a husband talks to his wife in the same dismissive, condescending tone in which his father spoke to his mother or in the way his wife passively concedes to her husband's demands, just as her mother did. You might see it in the way one or both parents has an inordinate need to dominate and control their children. Or, one or both parents may repeat the cycle by neglecting their children in much the same way they were neglected, by constantly putting their own needs before those of their children, not paying attention to or being affectionate toward their children, or being emotionally or physically unavailable to their children because they are abusing alcohol or drugs. Cont. Pg 3

If one spouse was physically abused as a child, you would likely see that kind of abuse repeated as well. Even the most well-meaning person will find himself or herself exploding in the same kind of rages he or she witnessed or experienced as a child. His rage is likely to surface when he drinks too much, when he feels provoked, or when he is reminded of, or “triggered” by memories of his own abuse. Or, the reverse may be true: If she was battered as a child or witnessed her mother being abused she may have grown up to marry a man who physically abuses her or her children. She will be rendered helpless—unable to defend herself or to leave, just as her mother before her.

Many people who were abused or neglected in childhood know that there is a risk that they may become abusive or neglectful themselves unless they take definitive steps to prevent it. But not everyone knows the more subtle legacies of abuse and neglect. For example, those with such a history often view their children or partner through a distorted lens of fear, distrust, anger, pain, and shame. They see ridicule, rejection, betrayal, and abandonment when it really isn't there. Their low self-esteem may cause them to be hypersensitive and to take things far too personally. And they will likely have control issues causing them to either have a need to dominate others or to be far too easily dominated by others. Those who become parents often find it difficult to see their own children's needs and pain without being reminded of their own. And they may also find it difficult to allow their children to make a mistake without taking it as a personal affront or a sign that they are not a good parent.

Think about the way the abuse or neglect has affected the way you view yourself and others. What kind of a legacy are you going to pass on to your children? While these may be depressing or even frightening thoughts, there is a way out of the seemingly endless cycle of abuse and neglect. There are ways to make up for the personality deficits that often accompany experiences of neglect and abuse. There are ways for you to confront your pain, anger, fear, and shame directly so you do not have to transfer it to your partner or your children.

<https://www.psychologytoday.com/us/blog/the-compassion-chronicles/202006/breaking-the-cycle-abuse>

Why Men Need to Understand the Women's Antiviolence Movement

By: Dortell Williams, Lancaster State Prison

Like most children, I was born innocent. Now sitting on my bunk eternally chained to a sentence of life without the possibility of parole for the past three decades, I vividly recall my fun-loving younger self riding my orange and black Big Wheel up and down the sidewalk. Those were the days when the sun was brilliant and bright, inviting each new morning, and I couldn't wait for whatever blessings the day would rain upon me. It was a period absent any violence, warped perceptions or low self-concept.

That innate innocence was swiftly and unexpectedly wiped away the day my dad slapped my mom. It was the beginning of years of mental, physical, and emotional turmoil for my mother and my two younger siblings. I was about five years old. Self-reflection, self-study, and a BA in Communication Studies has helped me put my family history, and that of larger societal history in context. My father wasn't an evil man. He was an angry man. He was angry because his 5'5 mother was abusive to him – all 6'2 of him – sometimes in front of me. Grandma had no problem pulling knives or throwing pots and pans at my dad. Often, even at my young age, i could see that her burst of anger were ignited by little or no provocation. I suppose that is why anger is described as a secondary emotion; she was angry about decades of violent abuse that trickled down from the slave era, and that pent-up anger had a hairline trigger (“Post Traumatic Slave Syndrome,” Dr. Joy DeGruy). My dad's trigger was the loss of his construction job. Shame, no matter the source, i.e., poverty, bullying, or the loss of a job, sparks anger. Unchallenged and prolonged anger damages people, and damaged people tend to damage others; we tend to project our anger on to others (“Violence: Our Deadly Epidemic and its Causes,” Dr. James Gilligan). It is a hopeless cycle without intervention.

By the fourth grade, I was quite angry myself. And when the other kids teach me for being slow in math and reading, I lashed out violently as modeled at home. They called me “retarded.” The respect I got in return reinforce violence as a social tool. Reading the “Source Book on Violence Against Women” helped me realize that my learning disabilities were symptoms of adverse childhood experiences. I wasn't retarded or even slow. I was mentally distracted by the traumatization of a violent home life.

There is no question that my late father loved me and wanted the best for me. But he was incapable of loving me or providing the best for me when unresolved trauma was in the way. This is why men need to get involved in the woman's anti-violence movement. Until we learned what makes us tick; until we discover how to truly love our self, we will be incapable of loving others; we will continue to perpetuate this intergenerational violence, not loving or providing for our kids, but harming and damaging them -- one child at a time, one family at a time, one generation at a time.



Baby Boy Pt. 2 By Jerry R. Gearing, San Quentin

In my upbringing being the youngest, I was held accountable for everything I did. I was the last child my parents had to raise, and they wanted to get it right. Physical punishment was used to ensure the proper rearing of Baby Boy – this was common treatment in households of my neighborhood in the 1970's. I use to believe parents whipped their children to atone for their wrongs.

My mother was the sole disciplinarian in the home I was raised in. She enforced all the Christian faith. If I did not follow the rules I was punished. I understand my mother wanted to teach me the difference between wrong and right, but in an abusive way. This corporal punishment was the only way she knew how to keep order. The only talking she did was her displeasure of my actions. A child doesn't understand why their caretaker is inflicting pain, they only fear it.

In the summer of 1977, I was 11 years old. I got into some mischief for stealing. I tried to runaway but was caught and turned over to the police by good Samaritans. The police notified my aunt, because my mother was at work. My aunt was disappointed in me, she felt it was not her role to discipline me. The one thing that she was obligated to do was to tell my mother about my misdeed. My aunt took me to my grandparents' house, she then told me to wait in the spare bedroom until my mother came home from work. When my mother found out she was furious. She burst into the room and immediately began to question my actions, before I could get a word out a belt slammed against my back. The pain shot through my entire body; my mother repeatedly beat me for the next five minutes. She whipped me on several other occasions similar to this one. She would always tell me why she was doing this especially when I cried for relief. At times this only made things worst. Most of these whippings left sizeable welts on my back and arms.

I believed my mother was trying to preserve my innocence the best way she knew how. I often wonder did my mother's parents beat her, and did their parents beat them. Was this form of abuse handed down from one generation to the next? However, after years of reflection and discovery, I realized that the childhood trauma enabled my destructive behavior. I began fighting with my peers, using illicit drugs at a young age, and as an adult I became abusive toward women.



Awarenessintodomesticabuse.com



AIDA
PO BOX 5323
Sacramento, Ca. 95817

Did We Really Love Our Mama?

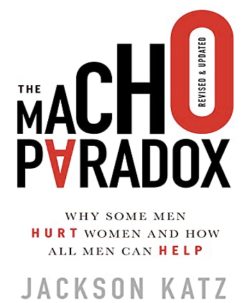
By: Seng (Kevin) Truong, CTF Soledad

We say we love and would never hurt our mama
Then why in the hell we give her trauma;
She gave us life, could have paid the price, with her life
While giving birth that doesn't cross her mind
In her mind, hoping that we were fine
Mama's plan was for us to be her little man.
We grew up and had a different plan
It doesn't matter how old we may be
In her beautiful eyes we're still her baby
Spending all day with our friends
Don't bother staying up, I ain't coming home on the weekends;
We were fools to think we love her the same
Going to prison she says she's the one to blame
Sorry mama that I got life
Sorry again that you can't sleep tonight.
Hoping at a level four we would change,
That means going against the grain
Out of fear we stayed the same
Telling ourselves we need to maintain;
Finally, at Soledad Prison we took the blame and started to change
In this poem I did my best
In Dear Mama 2 Pac said it best
"There ain't no way I can ever pay you back
Bu my plan is to show you that I understand."

Suggested Book Reading!

The Macho Paradox

By: Jackson Katz



AIDAGroup15



Aidagroup15@gmail.com 4

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