

CHRONICLES

Volume XXI
Winter 2023

Eradicating domestic abuse from the inside-out.

Awareness Into Domestic Abuse-AIDA 501c3 is a non-profit organization that seeks to bring awareness to communities. The 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/women transforming themselves and their inferior belief systems. AIDA hopes that all who read the AIDA Chronicles will gain insight into ending abuse in America.



AIDA attended CIW's Domestic Violence Survivor Event on December 10, 2022.

We got to hear stories from survivors and meet so many amazing people that morning. Thank you, CIW, for allowing us to take part of this event.

When Writing Us

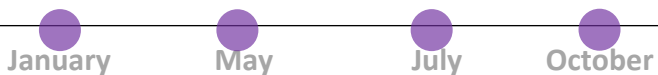
Don't forget AIDA is not:

- Pen-Pal Agency
- Legal Assistance Program
- We do not 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 writing/photo, drawing, or poem for a possible print in one of our future AIDA Chronicles.



WE WANT TO HEAR FROM YOU

If your case was domestic violence (DV) related and you went before the parole board in 2022 or early this year, we want to hear about your experience. Regardless of successful or not. Share with us any insight or if you have any questions let us know.

From Facilitator to Director

AIDA's Director of Prison Program Jarret Keith was paroled in 2017 from CTF after serving 15 years. In November AIDA staff went into CTF to meet our inside facilitators who have been running the AIDA Program there.

Jarret Keith entered CTF for the first time where he paroled from, and we wanted to share a little more about his experience. Jarret shares the following: it was very meaningful, both saddening and encouraging. So hard to see such great people living in an environment that puts limits on the expression and realization of their dignity. And encouraged to see men thriving and pursuing their highest potential despite their environment. I would not be who I am today or doing what I do today without others inside who were there for me during my incarceration. To have the opportunity to serve them and contribute to their journey of freedom is an honor. Continue reading on pg. 2



Pictured Jarret K., Janice B., and Vanessa C. outside of CTF

When Floyd and I developed and started the AIDA program together and with our incarcerated peers at CTF, I felt a sense of purpose. Mostly because of our commitment to build a healthy friendship and also to be a part of a mission to build a better future-world for ourselves and others. As a result of being a part of AIDA and having these sorts of relationships and spaces, I have been empowered to continue building healthy relationships out in the community and to serve others so they can do the same. God blessed me with these groups to prepare me for all else that has come into my life afterwards.

Since coming home in 2017, my life has been beyond my expectations. Through continuing to focus on being of service and having healthy relationships with those God is placing in my life, I have been enjoying my amazing family, friends and the opportunities in my life over the last 5 years. I am so thankful for them and the life I have today, but also can appreciate the journey that prepared me for it. Since coming home, I have been serving through working with various community organizations involving reentry, advocacy and prison programs. Here are some highlights: In 2020 I founded Testimony Ministries, a faith-based Reentry organization. In 2021 I married an amazing woman and partner, graduated with my master's degree and I had my firstborn son! Today, I'm a pastor at my church and a doctoral student, the mission continues. But the passion I have now to serve and advocate for others was something that started during the days when I was first sitting inside of the AIDA groups I was blessed to have in the beginning.

To those who are still on their journey to freedom, remain hopeful. Do this for you and those you love, more than for any specific outcomes. For those of you who are lifers, you will hear people say, "Don't do it for the board, do it for yourself", I am not saying that. What I am saying is, do it for yourself, for those you love, and to be prepared for the board; because all 3 of those are important. To all of my fellow brothers in the struggle and community members, join the mission! It's bigger than one of us, bigger than personal success, and more important than one thing. We all have an opportunity to be part of a larger dream for humanity, contributing to creating a better future and world for ourselves and our neighbors. You can be a full participant in that mission NOW, right where you are. God bless.



AIDA BOOK CONTEST WINNER

POWER AND CONTROL

By Gabriel Ruiz, High Desert

Power and control is what domestic violence comes from. Believing that you have a right or are entitled to control your partner in what she/he does. And others enjoy exerting power over their partners that the abuse gives them. It's not about the loss of control or losing control, it's about gaining total control of your partner. And in gaining that control it makes you feel power/powerful giving you that false sense of self-esteem or feeling better about yourself. That you have to make your partner feel powerless and not in control of their lives. By putting fear into them by anger, aggression, and violence. In my case, I didn't believe that in my past I had created any domestic violence. Especially since I only believed and thought that you had to hit your partner for it to be abuse.

I have learned that I was abusive in these forms. Verbally, psychological and emotional, and financial abuse. Having witnessed domestic violence, violence, being abused, bullied I grew up with these false beliefs that that was okay to do to others. Because of my own low self-esteem and insecurities. I was afraid to lose control so I controlled others and made them feel powerless to make myself feel good and powerful. I had believed I was entitled to since it happened to me and that I learned that negative behavior from my childhood traumas and witnessing it myself. I now know that I can only control my own life and give myself my own power over my life. I cannot control what anyone or my partners do. I can only love and respect them. Appreciate, listen, communicate, and be understanding. Most important is positive communication with each other.

Changing the narrative

By: Vince Rivera, Correctional Training Facility

My first experience with domestic violence was from a picture. The picture was of my mother. She had a bloodshot red eye. I was around 8 years old and was confused. How did this happen? Come to find out, her boyfriend hit her. I vowed to never hit a woman.

The problem was that my mother advised me to treat women as men if “they put themselves in a man’s shoes.” My mother also had various women at different periods of my life who would take care of us. They would cook, clean, take us to school, and anything else that was asked of them. What I didn’t know was, they were prostitutes who my mother would pimp out to the neighborhood.

My father also advised me in different ways on how to abuse women. My father was a pimp in his youth and his frame of reference was how to exploit women at all costs. One of the things he relayed to me was “what is hers is mine and what’s mine is mine.” Throughout my youth he would repeat that phrase. He would tell me never to settle down and how it was appropriate to have sex with women and forget about them.

It was these lessons that I developed a negative view of women. I was taught to abuse women at all costs.

I started abuse in the form of cheating. Every girlfriend I had, I cheated on. I felt I was living up to my father’s image and felt my behavior would make him proud. As I changed relationships, cheating remained a constant.

When I got with my daughter’s mom, I continued to cheat. However, I began to engage in other forms of abuse. I would throw things at her and would spill drinks on her. I did not consider those behaviors to be abusive. At that time, abuse was if I hit her and since I did not hit her, there is no way I was abusive.

As time went on, the arguments grew in intensity. One night as my daughter’s mom was leaving, I slapped her. Instantly, her face began to swell. I immediately felt horrible. I promised her I would never hit her again and I didn’t. I began to grab her arms instead. Because I hit her only once, I still did not consider myself abusive. I was only grabbing her arm.

I created multiple ways to minimize my abuse. I controlled all the money in the relationship. I controlled and made all the decisions. It was my way or the highway.

It was not until I met Floyd Collins (Co-Founder of AIDA) that I began to see how abusive I was. Within the first month of being at CTF, Floyd posted an article about Serena Williams’ friend who was stuck in a relationship due to financial abuse. That was the first time I heard of abuse being more than physical.

As I spent more time in conversations regarding domestic abuse, I realized I was extremely abusive. I created terror with somebody I said I loved. AIDA has been a major factor in my way of being towards women. They deserve to be treated with the same amount of dignity as my daughter.

I encourage the men reading this to look in the mirror and honestly consider how they have treated the women in their life. It is ok to look at who we were because we are no longer that person. We cannot receive help if we don’t know we need help.



Know the Learned Behavior of Domestic Violence

The domestic violence cycle is a brutal one; in many cases it is also extremely effective. Children who grow up witnessing one of their parents subjecting the other to the domestic violence cycle may have this behavior imprinted in their subconscious. For example, a child who grows up witnessing his father subjecting his mother to violence and cruelty may believe that this behavior is normal and admissible. In many cases, the abuser will achieve their goal through the use of brutality. In most instances, this goal is to ensure that they establish and maintain control over their victim. A victim of the domestic violence cycle will often fear for their health and safety, and will therefore allow the abuser to hold the power within a relationship. Domestic violence information suggests that a victim of abuse will seek to please their abuser in order to avoid suffering from further cruelty. They make seek to ensure that they fulfill all of the requests and the desires of their abuser. A young boy who witnesses his mother submit to the authority of his father due to the use of the domestic violence cycle, may find that this form of abuse is beneficial. In situations such as this, a boy may learn that the use of brutality receives results. It allows the abuser to achieve what they are looking to achieve. They maintain control over their victim and often achieve the ability to take part in any activities that they wish to partake in, without questions from their partner. A victim of domestic violence will fear to question their abuser's behavior because inquiries may result in physical punishment. A child who is witnessing the domestic violence cycle being carried out may develop the mentality that cruelty is the most effective way to guarantee that their partner is loyal and pragmatic. This is especially true when the abuser receives no adverse repercussions for their actions. Domestic violence information indicates that many perpetrators never receive penalties for their behavior, and that many victims of abuse remain in an abusive relationship. If a child is witness an adult commit these acts without punishment, it reinforces the idea that this behavior is acceptable. This is especially true when a victim of abuse does not attempt to escape their harmful environment. The child will believe that they have no reason to fear legal disadvantages for brutalizing their partner, and they also do not need to worry about their partner attempting to flee. From this perspective, domestic violence seems like a beneficial method of control with no detrimental effects for the abuser. Domestic violence information suggests that children growing up in these types of situations are more likely to subject their partners to abuse and brutality later in life.

<https://marriage.laws.com/domestic-violence/domestic-abuse-causes/learned-behavior>



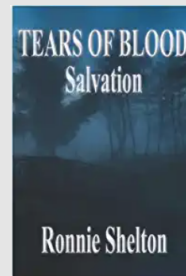
Awarenessintodomesticabuse.com



AIDA
PO BOX 5323
Sacramento, Ca. 95817

CHECK OUT ONE OF AIDA'S MEMBERS BOOK

The other side arrives whether survivor or perpetrator when the willingness to make personal change occurs. This book reflects my life being transformed through the power of a spiritual experience. Also 80 poems of deep contemplation exemplify balance and soul-stirring tranquility. Tears of Blood, Salvation offers unique enlightenment.



Author can be contacted through the GTL tablet (gettingout.com) or by mail:
Ronnie Shelton K77012
PO BOX 409090
lone, Ca. 95640
E19-C-104-2L

If you've published a book and want it featured let us know.

HE WHO HAS A WHY
TO LIVE FOR CAN BEAR
ALMOST ANY HOW
-FRIEDRICK NIETZCHEL

Suggested Book Reading!

That bird has my wings
By: Jarvis Jay Masters



That bird has my wings is a wonderful read for anyone who has childhood traumas and that is learning how to tap into their own internal process of self-transformation and growth. Jarvis does a wonderful job at illustrating this through his own childhood traumas, how he overcame them and discovered the person who he is.

IF THIS EDITION OF THE AIDA CHRONICLES
HAD YOUR HOUSING AND/OR NAME
INCORRECT PLEASE WRITE US AND LET US
KNOW SO WE CAN MAKE THOSE
CORRECTIONS.



AIDAGroup15



Aidagroup15@gmail.com

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