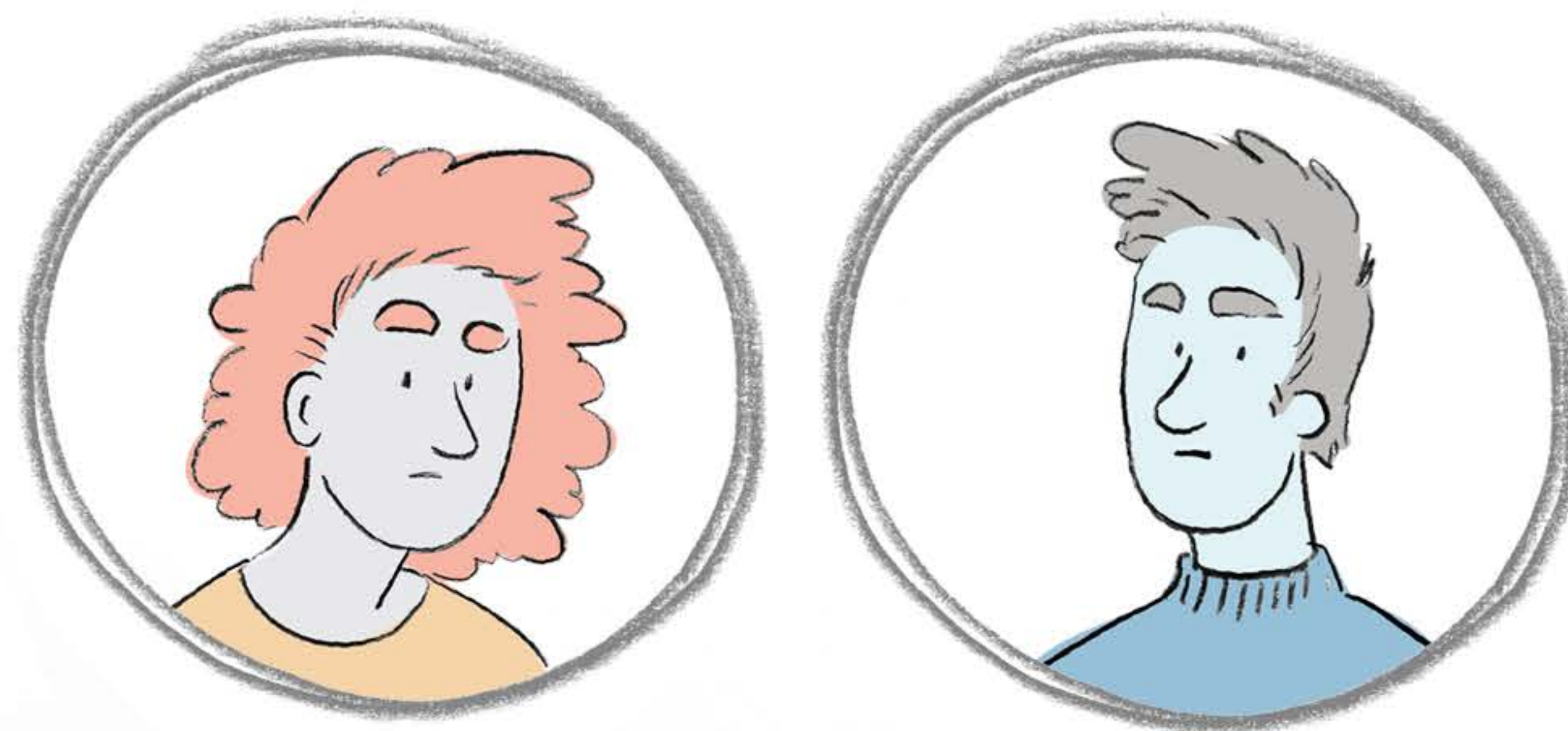


The cycle of violence, let's talk about it !

Hommes et Gars and Accalmie social workers
can help you understand it more clearly





Warning

The following theme addresses
the cycle of violence
and the way it manifests itself

Remember that you are never alone

Resources are available
to help you and accompany you-
whether it is for you- or someone who is close to you.

They are listed at the end of this document.

The cycle of violence, what is it exactly?

When violence settles
within a relationship, we inevitably see
a cycle appear...It is called the
cycle of violence.



This cycle is put in place
and used to gain control and
power in a relationship.

It is difficult to detect its presence
in the beginning of a relationship, as it
takes place insidiously.

Recognizing the cycle
is the first step to leave
a violent relationship.



The cycle of violence, what does it look like ?

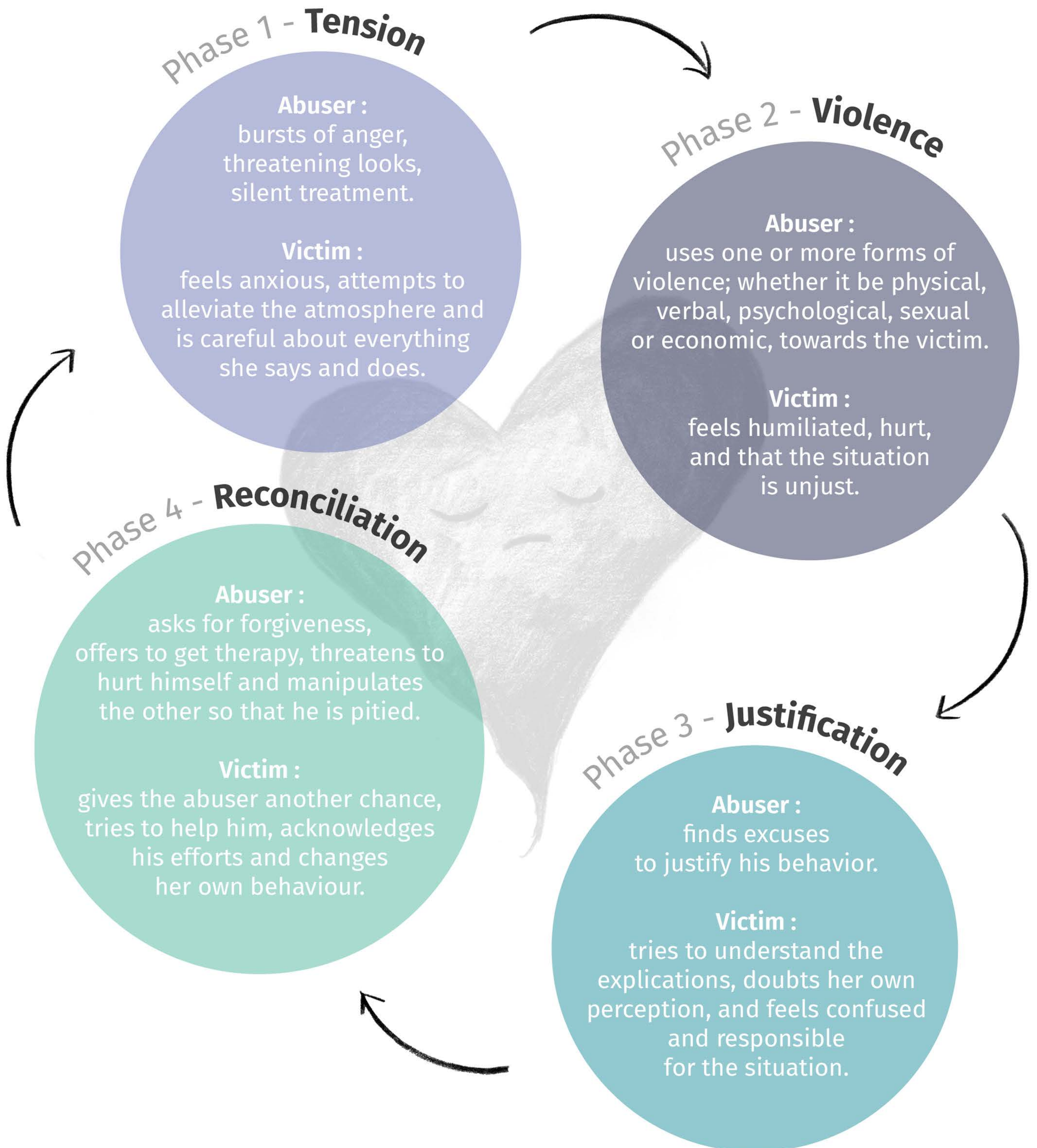


In short,
there is nothing really healthy about it...

I can't
breath...



The cycle of violence, what does it look like ?



And what happens next, is over and over again...

The consequences of violence

The presence of violence within a relationship can have disastrous consequences in the victim's life, as well as the abuser's.

Physical, sexual, psychological injuries... In short, it is very rare that a victim gets out of a violent relationship unscathed. The injuries can follow her throughout her entire life.



Concerning the abusers, they expose themselves to very serious consequences if they do not stop their violent behaviour.

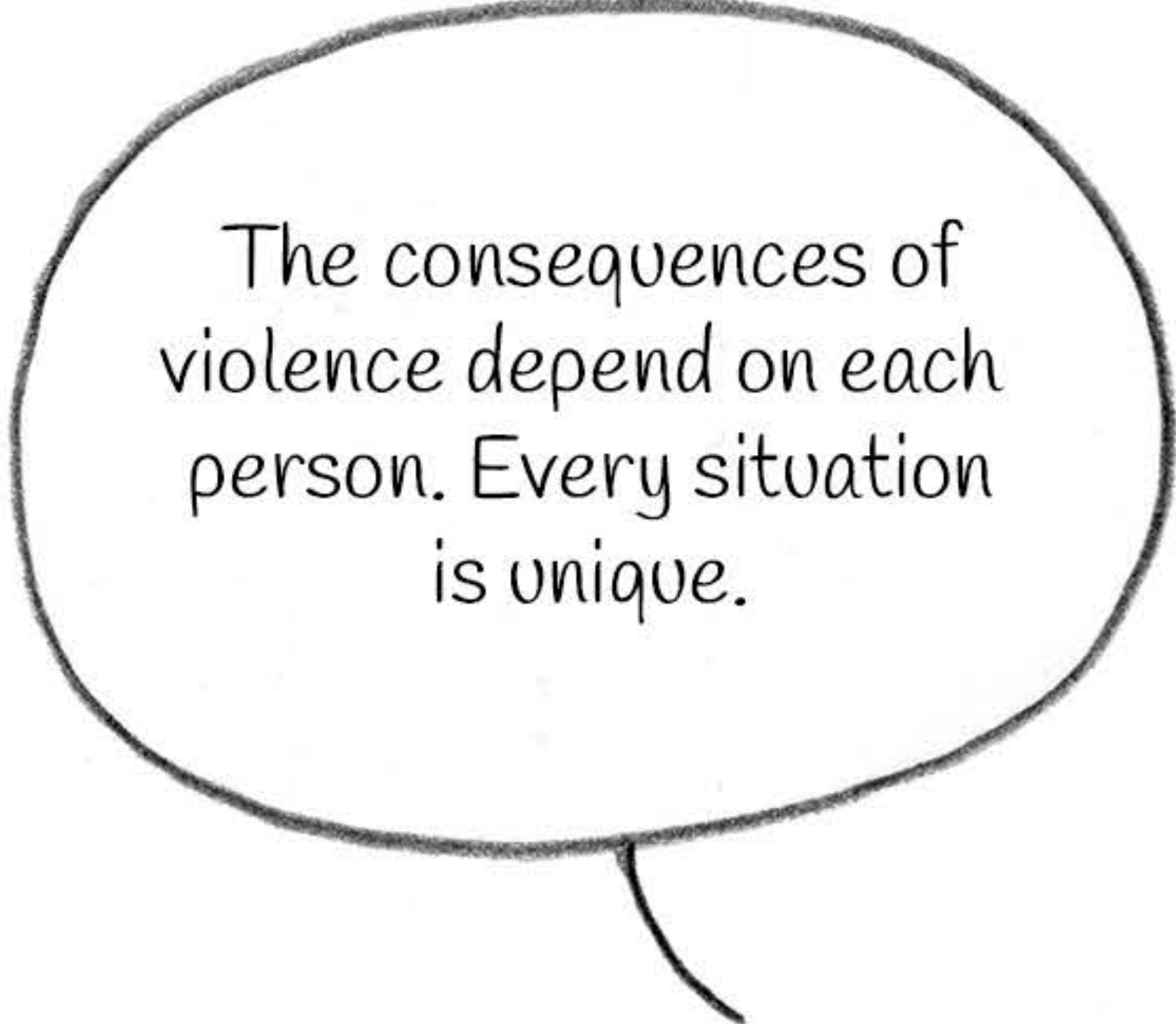
Here are a few of the consequences of violence

Consequences for the victim:

Low self-esteem
Feeling ashamed and culpable
School dropout
(lack of concentration and isolation)
Somatic symptoms
(Gastrointestinal, muscle pain)
Physical injuries
Anxiety
Depression
Post-traumatic stress
Suicidal thoughts
Self-harm
Eating disorders
Drug and alcohol consumption
Sleeping trouble
Etc.

Consequences for the abuser :

Criminal record
Imprisonment
Stigmatization
Absenteeism (work, school)
School dropout
Loss of employment
Isolation and solitude
Suicide
Etc.



The consequences of
violence depend on each
person. Every situation
is unique.

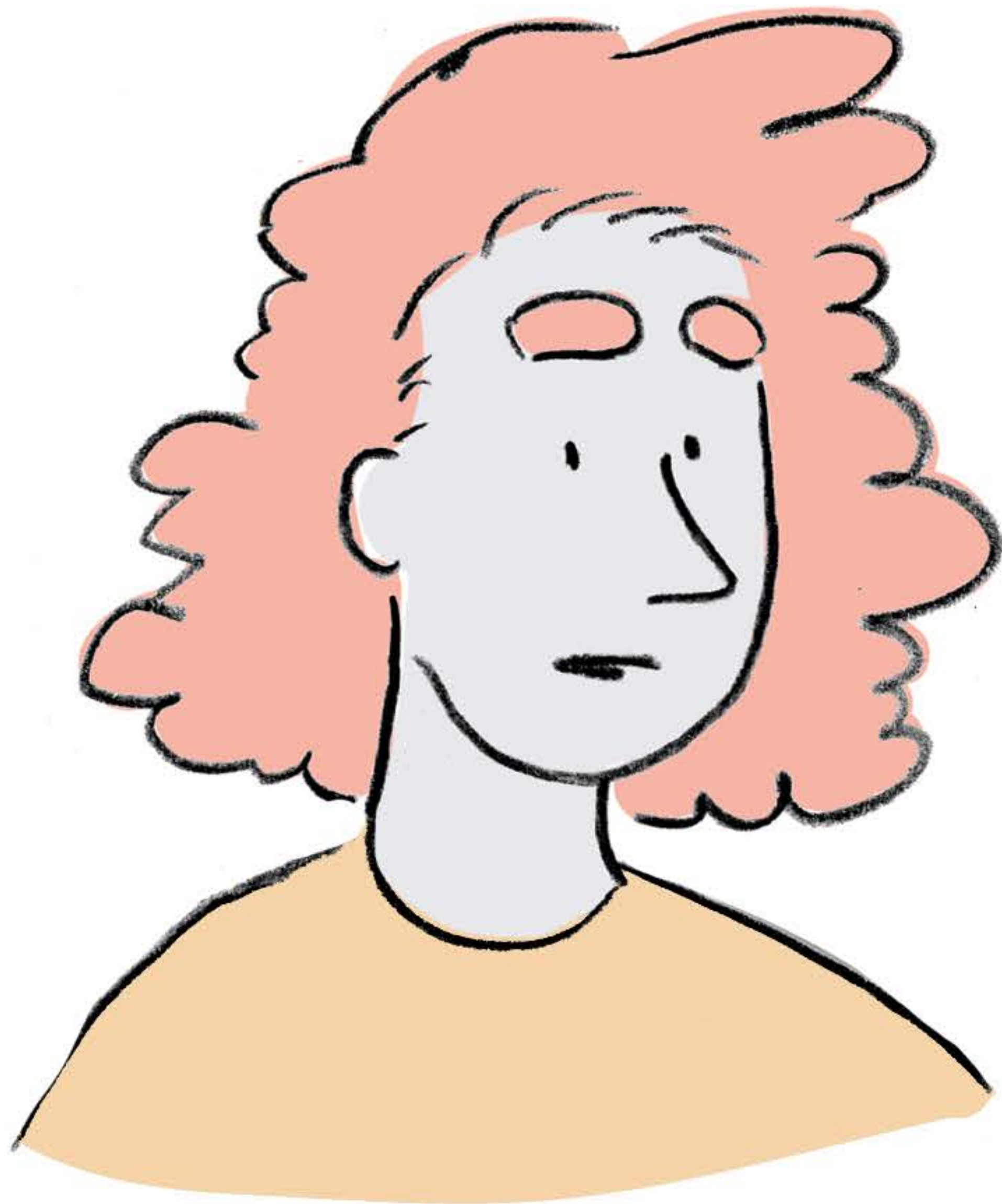
Violence or argument?

Here are some clarifications...

It can be difficult to distinguish one from the other.

- However, an argument is not necessarily a sign that you are experiencing violence in your relationship.

Here are the four criterias that can help you differentiate the two situations from each other.



Power
Intent
Persistence
Impact

Contrary to violence, the two partners feel free to fully express themselves, despite the conflict.

In a couple's argument, there can be moments of anger and frustration where our actions and words go too far.

Violence or argument?

Here are some clarifications...

In an argument

Each can share their point of views on the topic, even if there are moments of anger and frustration. The partners feel free and completely unafraid to express themselves.

Power

In a situation containing violence

One partner seeks to dominate the other by using violent behaviour, (through the use of different forms of violence)

The intention surrounding the conflict is ultimately to convince the other of their point of view. There is no hidden or ulterior motive.

Intention

The intention behind the situation is to take control and violence is used in order to gain this power. Strategies are used to make this possible.

The conflict is occasional, even if the topic does continue to arise- there is no persistence or cycle.

Persistence

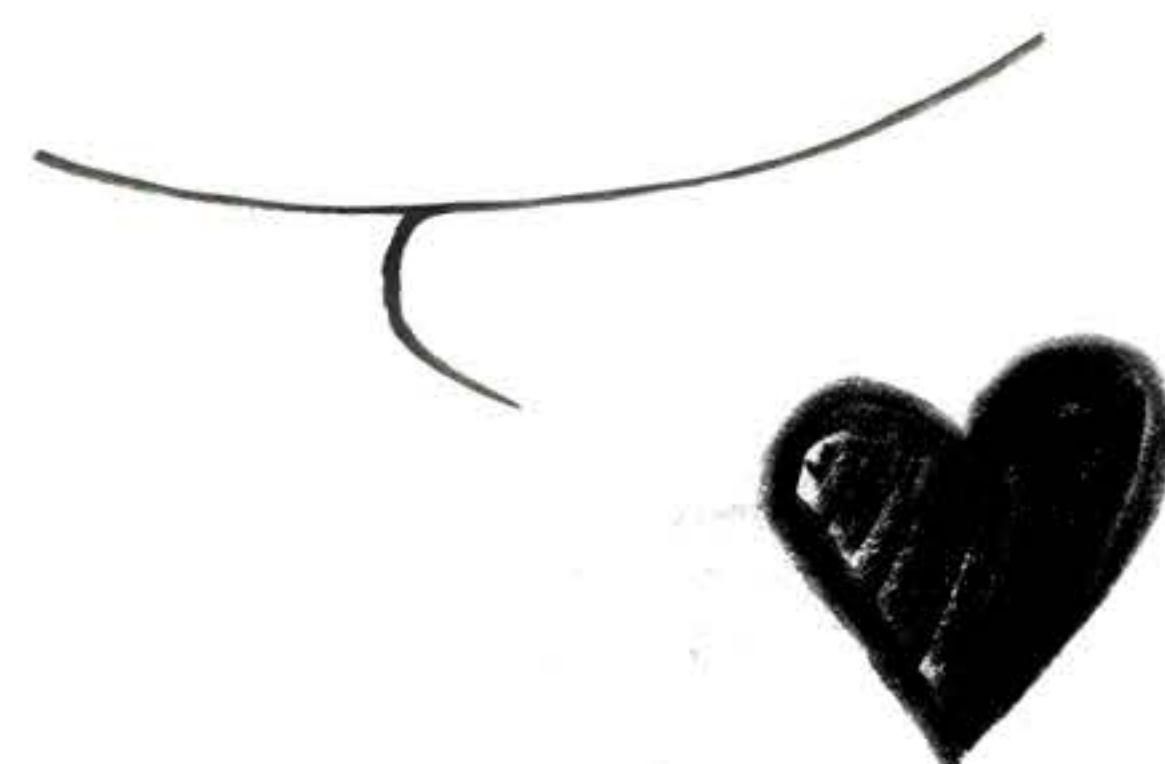
Violence is persistent, intensifies and becomes cyclic.

Both feel safe and free to express themselves

Impact

One of the partners feels a strong impact from the given situation; it creates a victim. Feelings of helplessness and fear settle.

Violent behaviour
is always unacceptable,
no matter what situation!



In short...

**In your relationship,
is there :**

Mutual respect?

Empathy?

Ability to listen?

A freedom of expression?

A feeling of being safe?

If you ever have doubts,
the resources on the next page
are there to help you.

