



**I**NTIMATE  
**P**ARTNER  
**V**IOLENCE  
**(IPV)**

*WHAT IT IS*

*HOW TO RECOGNIZE IT*

*WHAT YOU CAN DO ABOUT IT*

24/7 Crisis Line  
541-485-6513 or 1-800-281-2800

women**space**  
E N D T H E S I L E N C E



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## **A Note from Womenspace**

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We understand how difficult it is to reach out for help when you or someone you know is being hurt by a loved one. The information in this booklet can help you understand more about intimate partner violence (IPV) and how to recognize abusive patterns.

You will also find concrete steps you can take to increase your safety, and resources and support for reclaiming personal power and staying safe.

We know it takes a lot of courage to ask for this information, and even more courage to act on it. We will always respect and support any decisions that you make; whether you leave a partner, decide to stay, or seek support long after you have left an abusive relationship.

Although we cannot make decisions for you, Womenspace is here to help guide you when you are ready for it. Because *everyone* deserves a life without violence.

**Remember, healthy relationships are free from violence or abuse. You deserve to feel safe in *all* of your relationships!**

### **Womenspace services include:**

- **24-hour Crisis Line**
- **Walk-In Advocacy and Appointments**
- **One-on-One Support**
- **Offices throughout Lane County**
- **Confidential Safehouse Shelter**
- **Support Groups**
- **Financial and Life Skills Classes**
- **Housing Assistance**
- **Long-term Support**

**Womenspace 24/7 Crisis Line:  
541-485-6513 or 1-800-281-2800**

## What is Intimate Partner Violence?

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Intimate partner violence (IPV) is a specific kind of domestic violence where one partner uses coercive tactics to control and manipulate their partner. It can include emotional, economic, physical, and sexual abuse.

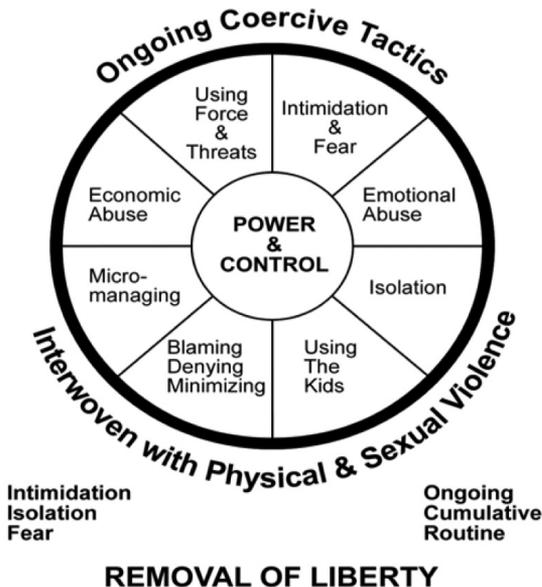
Intimate partner violence can happen to anyone no matter their gender, sexual orientation, ethnicity, religion, economic status, or educational background. IPV is a systematic pattern of abusive behaviors that can leave you with no freedom, independence or say in the relationship. And it is dangerous.

- **Each Minute** - Twenty-four women and men are victims of intimate partner violence (IPV).
- **Each Day** - An average of 3 women nationwide are *killed* by a current or former intimate partner.
- **Each Year** - Over 12 million people are victims of IPV.

## Power and Control Wheel

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### Coercive Control

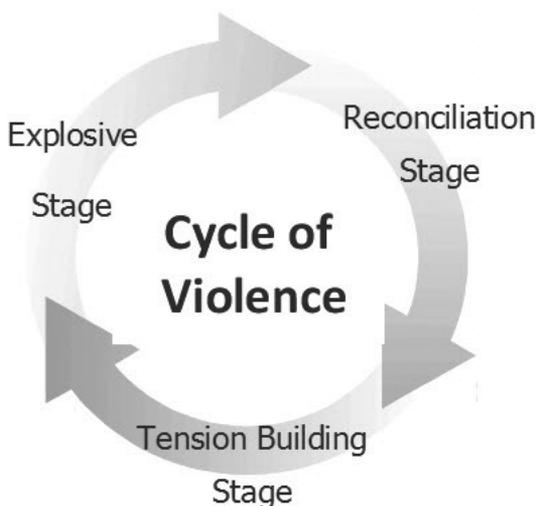


## The Cycle of Violence

The cycle of violence describes the typical pattern in an intimate partner violence (IPV) relationship. The pattern, or cycle, is predictable and repeats. Not all IPV relationships fit the cycle exactly and each phase may last a different length of time. Everyone's experiences are different, but in general, the phases of the cycle are seen again and again in IPV situations.

**Tension Building Phase:** You sense a growing tension in your partner and fear that something could happen at any moment. You feel like you're walking on eggshells, being extra careful not to trigger an explosion. Your partner may be moody or irritable.

**Explosion Phase:** This is typically what most people think of when they hear of an abusive relationship. Yelling, hitting, pushing, punching, throttling, rape and other forms of verbal, physical or sexual abuse can occur during this phase. Your partner may threaten future violence against you, your family or pets, destroy property, or pull out a weapon. An explosion can also take the form of extreme psychological or emotional abuse such as insults, mind games, embarrassing you in public or restricting your personal liberty (locking you in a room, binding you, restricting your access to food, bathroom etc.).



**Reconciliation Phase:** After the explosion, your partner may apologize and promise that things will be better or that they will change – all to regain control over you. A cycle can begin or end with this phase (sometimes referred to as the “honeymoon” phase). Your partner may give you flowers, gifts, and use sweet or romantic behavior to convince you that your relationship is a loving one. Your partner may then blame you for the explosion and “forgive” you but say that it is your responsibility to help them in the future so it doesn’t happen again.

**Calm Phase:** No abuse or minimal abuse occurs and previous incidents of abuse have been “forgotten.” Things are calm and the relationship seems “normal.”

Typically, the cycle of violence repeats more quickly each time, the reconciliation and tension building phases are shorter, and the explosion is longer and more violent. You are the only one that can see the cycle happening because abusers are careful not to show outsiders the tension or explosion phases. Children, too, experience the cycle of violence, even if they are not in the room during an explosion.

**Intimate partner violence is a predictable, dangerous pattern of controlling behavior that happens again and again in a relationship.**

## **Warning Signs of Abuse**

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Many people ask what an abusive partner looks like and how to avoid them. But there is no “typical” abuser, just like there is no “typical” survivor. Every relationship is different, and anyone can be abusive regardless of age, race, sexual orientation, gender, or background.

However, there are some common red flag behaviors that are often seen in abusers. On the following pages are 17 signs to look for in possible abusive partners. The more signs someone has, the more likely that the person could be an abuser.

## **17 signs that may signal an abusive partner:**

1. **Unhealthy, possessive jealousy:** using jealousy as an excuse to question you, making accusations, monitoring your calls, texts, emails, etc.
2. **Controlling behaviors:** insisting on knowing where you are going and who you are talking to, demanding things are done a certain way, taking charge of your decisions.
3. **Quick involvement:** pressuring you to commit to the relationship early on, rushing the relationship, using guilt and other means to make you move faster than you want to.

**No one has the right to pressure you to do anything you are uncomfortable with.**

4. **Unrealistic expectations:** expecting you to meet all their physical, sexual, emotional needs.
5. **Isolation:** accusing your friends or family of being “trouble,” trying to move you away from your support, keeping you emotionally isolated.
6. **Blames others for their problems:** blaming you for things that go wrong, not taking responsibility for their mistakes or behavior.
7. **Blames others for feelings:** using their emotions to manipulate you, blaming others for getting them mad, sad, or angry.
8. **Hypersensitivity:** easily insulted or angry, overblown anger at normal life problems, easily annoyed when someone asks them for help.
9. **Cruelty to animals, children, or vulnerable people:** any abuse to animals, children, or those that cannot protect themselves, not being sensitive to another’s pain or fear.

10. **“Playful” use of force during sex:** being forceful during intimacy and ignoring your feelings, showing little or no concern for your physical or emotional safety when having sex, pressuring you during sex.
11. **Rigid sex roles:** expecting you to serve them because of your gender, holding things against you because of your gender, using insults targeting your gender.
12. **Verbal abuse:** saying hurtful things to you or others, belittling accomplishments, yelling or shouting during fights, threatening you.
13. **Sudden mood changes:** switching moods quickly or abruptly, explosive mood changes.

***The last four signal that a partner is definitely abusive:***

14. **Past abusive behaviors:** blaming their abusive behaviors on past partners, saying that past partners were always at fault for fights or altercations.
15. **Threats of violence:** threatening to hurt you in order to scare or control you, threatening to hurt themselves in order to manipulate you.
16. **Breaking or striking objects:** breaking things you care about as a punishment, throwing things at you, trying to scare you by breaking things, beating walls or tables.
17. **Use of force (physical abuse):** using force during an argument or fight or anytime, including pushing, shoving, constraining, hitting, slapping, punching, throttling.

**If any of these signs look familiar, or if you are unsure about your relationship, call Womenspace. We are here to help.**

## **Myths and Truths about IPV**

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**Myth:** “Abusers get angry and lose control”

**Truth:** Abusers don’t lose control, they TAKE control - by yelling, manipulation, or physical violence. Even though abusers may seem out of control, abusive behavior is both intentional and predictable. Someone with an anger problem directs anger at everything around them. Abusers don’t treat others the way they treat partners; they control their anger in public, and target their partner in private.

**Myth:** “The survivor provoked the situation and is to blame”

**Truth:** It is NEVER okay for anyone to abuse you for any reason. The only one to blame for an abuser’s behavior is the abuser themselves. Many survivors make numerous attempts to change their own behavior in the hope that the abuse will stop. But it won’t make any difference – abusive behavior is a choice.

**Myth:** “IPV occurs only in poor, poorly educated, minority or ‘dysfunctional’ families.”

**Truth:** IPV affects people of all races, from all cultures, countries, religions, and socioeconomic backgrounds. Perpetrators of IPV include doctors, ministers, police officers and business executives. Victims of abuse can be in anyone’s neighborhood.

**Myth:** “Alcoholism and drug use cause IPV.”

**Truth:** Abusive patterns of power and control are not caused by alcohol or drug use, although this is often used as an excuse to justify the abuse. Again, abuse is a choice.

***NO ONE wants to be abused by their partner  
and NO ONE deserves to be abused.***

**Myth:** “If they didn’t want to be abused, they would leave.”

**Truth:** In fact, the most dangerous time is when survivors leave or attempt to leave. Threats by the abuser often make it safer to stay for both the survivor and the children. In addition, survivors who leave their abusers may face poverty, unemployment, and homelessness if they leave. Many have been isolated from their family and friends and simply feel like they have nowhere to go.

## **Effects of Intimate Partner Violence (IPV)**

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IPV can have a serious impact on the way you think and interact with the world around you. Chronic abuse from a partner—and the resulting stress and fear—not only causes physical injury, but affects your thoughts, feelings and behaviors, and can significantly impact your mental stability. Increased anxiety, post-traumatic stress disorder and depression symptoms are common among survivors of IPV.

**Depression:** Symptoms can include prolonged sadness, feelings of hopelessness, unexplained crying, changes in appetite with significant weight loss or gain, loss of energy and/or loss of interest and pleasure in activities you previously enjoyed. Depression can affect a person’s outlook, and impact your ability to make decisions.

**Dissociation:** Usually refers to feeling like you are “checked out” or not present. Dissociation can impair your ability to function in the “real” world, such as focusing on work or concentrating on schoolwork or other tasks.

**PTSD:** Post-traumatic stress disorder (PTSD) is a serious mental health condition that is triggered by a terrifying event. Some common symptoms are flashbacks, nightmares, severe anxiety and uncontrollable thoughts about the event. If you think you might be experiencing PTSD, please consider seeking professional help.

The next page lists other effects you or your children might experience as a result of intimate partner violence.

## **Other effects of Intimate Partner Violence on Survivors**

IPV will have a range of immediate and longer-term consequences as well. Any of these are normal reactions to abuse that involves a loss of power and control over your emotional and physical well-being and environment, is degrading, threatens your personal integrity, and your life.

- Shock: numbing, shaking, feeling cold, crying, nausea, flashbacks, confusion, disorientation
- Powerlessness and loss of control
- Fear of repeated violence and retaliation by the abuser
- Fear of other people's reactions
- Fear of emotional and sexual intimacy
- Guilt, self-blame, shame, embarrassment
- Anger, rage
- Sadness, sense of loss, grief
- Self disgust, self hatred
- Degradation, humiliation
- Anxiety or panic attacks
- Sleep disturbances; insomnia, nightmares, night sweats
- Flashbacks, intrusive memories
- Self-doubt, loss of confidence
- Emotional and social isolation
- Feelings of entrapment and being under attack

***Whatever you're feeling, you are not wrong,  
you are not to blame, and you are not alone.***

## Effects of IPV and Trauma on Children

Children who witness abuse may not understand why it is happening, but they experience the same anxiety, fear, and confusion that adult survivors do. A common myth is that children are asleep, oblivious, or too young to be affected by the abuse in the home. This is far from the truth. Children are taking in what is happening around them, and even infants can show signs of trauma. Children are also rarely asleep when abuse is happening; they are listening and it can be extremely upsetting.

Some effects may include:

- Mood swings, rage, anger, extreme fear, depression, anxiety, feelings of helplessness
- Becoming overly aggressive or overly passive
- Change in how they play
- Difficulty trusting others, especially adults
- Self-neglect, self-harm
- Physical complaints such as headaches or stomachaches
- Problems asking for help or things they need
- Having rigid stereotypes about gender roles
- Showing regression or “unlearning” things they once knew
- Blaming themselves for what is happening in the home
- Feeling like they are “damaged” or “different” because of what they have seen

Not all children that witness violence will suffer effects like the ones above, but it is important for all children to have the ability to speak openly about their feelings and fears, have a space they feel is safe, have connections with friends and family, and experience positive relationships. Womenspace youth advocates can help support children and teens who are experiencing any of these symptoms.

## **Risks and Barriers to Leaving**

There are many reasons why it can be very difficult to leave an abusive relationship. Although every situation is unique, below are some common risks and barriers you may face when you consider or attempt to leave.

- Threats of retaliation made by your partner to harm the survivor, children, or others if you leave
- Low self-esteem, being told you are worthless by your partner
- Blackmail by your abusive partner, making threats to spread lies about you if you leave
- Isolation from resources, friends, or family
- Little or no family support to leave the abusive relationship
- Desire or pressure to parent children with your partner
- Hope that your partner is going to change and stop abusing
- Lack of savings or income to support yourself or your children
- Fear of becoming homeless due to financial abuse and/or lack of affordable housing
- No stable transportation to safety
- Threats made by your partner to get custody of children or undermine your ability to parent
- Higher risk of physical danger when leaving, even if there has never been physical violence before

There may be many reasons for not leaving your abusive partner. You know your situation best and what is the safest for you. If you are thinking of leaving, it is important that you get the support you need to determine your options. Womenspace can help.

## **Planning for Safety**

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Safety planning is important whether you are planning to leave or not. A plan can help you and other family members be safer in the event of violence. Everyone's safety plan will be unique – you know your abusive partner better than anyone else; you are the expert regarding your situation. As your situation changes, so may your safety plan.

If you are still in the relationship:

- Think of the safest places to go if things start to escalate. Avoid rooms with no exits (bathroom), or rooms with weapons (kitchen).
- Choose a “code word” or “sign” for family, friends, teachers or co-workers to know when you need help or signal when you shouldn't be left alone with your partner.
- Plan what you will say if your partner becomes violent. Trust your instincts! It's okay to give in to demands to calm your abuser down until you can safely leave.
- Think about and plan for a safe public place you or your children could get to if needed.
- Make a list of safe people to contact.
- Keep your phone with you at all times and, if possible, some money.
- Try to keep a journal of abusive incidents and ask someone safe to keep it for you. Take pictures of any injuries to you, your children or your pets.

***Remember, you have the right to be safe.***

If you are planning to leave:

- Call Womenspace (541-485-6513) and talk through a safety plan for leaving. Find out what they can do for you. *Get this information before you need it.*
- Have a packed bag ready and ask a friend, neighbor, or other trusted person to keep it for you in case you have to leave quickly.

- Gather or make copies of important documents and include them in your packed bag.
- Notify friends and family or other trusted persons of your plans. Plan on who to stay with in an emergency.
- If possible, start your own bank account or get your own credit card.
- Review and update your safety plan regularly. Prepare safety plans with your children.

***Remember, you have the right to live without fear and violence.***

If you have left the relationship:

- Change the locks and add other security devices if needed.
- Change your phone number and notify your friends and family and coworkers; screen ALL calls.
- Inform neighbors/landlord that they should call the police if your ex-partner is seen near your home.
- Save and document all contacts, messages, injuries or other incidents involving your abuser.
- Trust your instincts and stay safe – protective orders deter some abusers, but not those determined to do harm.
- Avoid staying alone and plan how to get away if confronted by your abusive partner.
- Tell someone you trust at work about your situation.
- Plan to safely commute to/from work. Ask someone to walk you to your car or bus. Vary your other routes to and from home or elsewhere.
- Call Womenspace to discuss the pros and cons of stalking or restraining orders.

***Remember, the abuse is not your fault.***

## Your Safety and Emotional Health

- Intimate partner violence is exhausting and stressful. Take care of yourself every day, even though you might not feel like it.
- Pick two or three people you can talk openly to when you need support.
- Try to eat and sleep well, read, write, and talk frequently to your supporters – don't stay isolated.
- Decide the safest way to communicate with your partner, if you must.
- Attend a Womenspace support group for at least two weeks. You will learn about yourself, your relationship and make friends.
- Before you return to a dangerous relationship, discuss your plans and options with someone at Womenspace and your supporters.

***Remember, you are not alone.***

**More detailed safety planning ideas are available in the Womenspace Safety Planning booklet.**

**If you ever need help safety planning,  
you can call our Crisis Line anytime day or night:  
541-485-6513 or 1-800-281-2800.**

## **Lane County Resources**

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### ***Domestic Violence and Sexual Assault***

#### **Womenspace**

(for those abused by an intimate partner)

1577 Pearl St. Suite 200 Eugene, OR 97401

Crisis line: 541-485-6513 or 1-800-281-2800

Business line: 541-485-8232

[www.womenspaceinc.org](http://www.womenspaceinc.org)

#### **Sexual Assault Support Services (SASS)**

(for sexual trauma or stalking)

591 West 19th Avenue Eugene, OR 97401

Crisis line: 541-343-7277 (SASS) or 1-800-788-4727

Business line: 541-484-9791

[www.sass-lane.org](http://www.sass-lane.org)

#### **Siuslaw Outreach Services (SOS)**

(Florence) for domestic violence

1576 12th Street Florence, OR 97439

Crisis line: 541-997-4444

Business line: 541-997-2816

[www.florencesos.org](http://www.florencesos.org)

### ***Emergency Shelter***

#### **Womenspace**

Crisis line: 541-485-6513 or 1-800-281-2800

[www.womenspaceinc.org](http://www.womenspaceinc.org)

#### **Eugene Mission**

1542 W 1st Ave, Eugene, OR 97402

Phone: 541-344-3251

#### **Looking Glass Station 7**

(for youth 11-17)

Crisis line: 541-689-3111

## **Other Needs**

### **Victim Services**

(for orders of protection)

125 E. 8<sup>th</sup> Ave, Room 400 Eugene, OR 97401

Phone: 541-682-4523

### **Lane County Law and Advocacy Center**

(Legal Aid)

376 E 11th Ave, Eugene, OR 97401

Phone: 541-342-6056

### **DHS Self-Sufficiency**

(food stamps, DV grant, unemployment)

Eugene:

2885 Chad Drive: 541-686-7878

2101 W. 11<sup>th</sup> Ave: 541-686-7722

Cottage Grove: 305 Coop Court: 541-942-9186

Florence: 3180 Highway 101 N: 541-997-8251

Springfield:

1040 Harlow Road: 541-726-6644

101 30<sup>th</sup> St: 541-726-3525

## **State and National Resources**

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### **Oregon Coalition Against Domestic and Sexual Violence**

<http://ocadsv.org> for a complete list of Oregon DV/IPV programs

### **Statewide Crisis Hotline**

1-888-235-5333

### **National Domestic Violence Hotline**

1-800-799-7233 [www.thehotline.org](http://www.thehotline.org)

### **National Teen Dating Abuse Hotline (Love is Respect)**

1-866-331-9474 [www.loveisrespect.org](http://www.loveisrespect.org)

### **Rape, Abuse, Incest National Network (RAINN)**

1-866-656-HOPE [www.rainn.org](http://www.rainn.org)

**My Notes**

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**womenspace**  
END THE SILENCE