



NewsLetter

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Beware of domestic violence and end it now!

What Is Domestic violence?

Domestic violence, also called "domestic abuse" or "intimate partner abuse, can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner.

Abuse can be physical, sexual, emotional, economic, or psychological actions or threats of actions that influence another person. This could be any behaviors that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure your spouse. Domestic abuse can happen to anyone of any race, age, sexual orientation, religion, or gender. It can happen within a range of relationships including couples who are married, cohabiting or dating. Domestic violence does not make any exception, it affects people of all socioeconomic backgrounds and education levels. According to national bureau of statistic in US on domestic violence, the rate is very alarming. On average, nearly 20 people per minute are physically abused by an intimate partner. For one year, this equates to more than 10 million women and men. 1 in 4 women and 1 in 9 men experience severe intimate partner physical violence, intimate partner contacts sexual violence, and/or intimate partner stalking with impacts such as injury, fearfulness, post-traumatic stress disorder. On a typical day, there are more than 20,000 phone calls placed to domestic violence hotlines nationwide.

Who can be affected by domestic violence?

Anyone can be a victim of domestic violence, regardless of age, race, gender, faith, or class. The victims of domestic abuse may also include a child or other relative, or any other household member.

Domestic abuse is typically manifested as a pattern of abusive behavior toward an intimate partner in a dating or family relationship, where the abuser exerts power and control over the victim.

In public, abusers can often be charming and personable but behave entirely different in private. In counseling sessions and in church, abusers can seem quite reasonable and can try to influence you, portraying their wives as irrational or rebellious and wanting you to see their side.

Different types of domestic abuse

Domestic abuse can be mental, physical, economic, or sexual in nature. Domestic abuse may culminate in serious physical injury or death.

Here are a few signs of domestic violence:

Does your spouse...

- Embarrass you in front of your friends or family and in public?
- Put down your accomplishments?
- Blame you for how they feel or act?
- Use intimidation or threats to gain compliance?
- Tell you that you are nothing without them?
- Treat you as trash—grab, push, pinch, shove or hit you?
- Pressure you sexually for things you aren't ready for.
- Refuse to allow you to do things you desire like spending time with friends or family?

Do you...

- Constantly present excuses to other people for your partner's behavior.
- Sometimes feel scared of how your partner may behave.
- Always do what your spouse wants you to do instead of what you want?
- Stay with your spouse because you are afraid of what your partner would do if you broke up?

Emotional abuse is undermining a person's sense of self-worth through constant criticism. You may be in an emotionally abusive relationship if your spouse:

- Calls you names, insults you or continually criticizes you.
- Does not trust you anymore and behaves in a jealous or possessive manner.
- Tries to isolate you from family or friends.

Psychological abuse: involves causing fear by intimidation; threatening physical harm to self, or forcing isolation from friends, family, school and/or work.

Financial or economic abuse involves making or attempting to make a person financially dependent by maintaining total control over financial resources, withholding access to money, and/or forbidding attendance at school or employment.

Physical abuse: involves hurting or trying to hurt a partner by hitting, kicking, burning, grabbing, pinching, shoving, slapping, hair-pulling, biting, denying medical care.