



DOMESTIC VIOLENCE RESOURCE WORKBOOK

Washington State Native American Coalition Against Domestic Violence and Sexual Assault

Sayu' X Wey - the breath that moves one forward in life.

*It is difficult to move beyond trauma, from victim to survivor to **thriver**, in spite of the violence perpetrated against you. WSC embraces not only the **desire** to move forward, but also the **action** it takes to do so. Sayu' X Wey represents the honor and respect that we have for **survivors** who have succeeded, sometimes beyond hope and circumstance.*

INTRODUCTION

This workbook is designed to be user friendly. However, it is also designed to be used with the guidance of an advocate or support group leader. Our intention is to provide specific information about the dynamics of domestic violence and a process that will support the reader to not only identify the abusive behaviors that have become chains that keep her in pain and unhappiness but also supports a path to safety and well-being.

***Caution: It could be dangerous to take this to a home or an environment where the abusive person lives. (Suggestion- use only in a support group or advocacy session).**

The Domestic Violence & Safety Inventory

Many women who are abused and battered believing that they are the abusive partner. It makes sense that a victim feels this way because of the ‘brainwashing’ that is an effect of the ongoing emotional and psychological manipulation and abuse. Many victims are told by the actual abuser that they are abusive or that they make the abuser treat them that way (example: “If only you had done what I told you, I wouldn’t have to do that.”). They typically minimize their behaviors and abuse. It doesn’t take long to reinforce this idea. It is especially effective if physical and sexual abuse are perpetrated in any way.

If you are the abuser, it should be obvious. It is also common for victims to use violence. Sometimes they initiate it. When this happens, we have to look at context. That is, why did a victim initiate abuse?

Many abused women say they would hit or kick or start a fight because they felt that the partner was about to “explode”. Statements such as “I knew it was coming so I just wanted to get it over with”, “I was drunk and it gave me courage to...I was just tired of him yelling at me and putting me down all the time”, and “I scratched his face after he chased me around the house and caught me...I was arrested”.

Victims will sometimes initiate violence because self-defense; learned helplessness and hopelessness; to shorten the abusers’ escalation; and to try to gain some control over their situations. As you complete the Inventory, look for patterns and remember context.

If you determine that you are the abuser, you can choose to stop the behaviors and get help now. Violence in any form is not justified. As a survivor you are now choosing the path to healing well-being and, ultimately, happiness.

Domestic Violence and Safety Inventory

The aim of this inventory is to assist survivors in identifying safety concerns & exploring safety options. You can provide details to each item. Please remember that when advocates have “reasonable cause to believe that a child has suffered abuse or neglect,” that they are required to make a report to CPS or police. In Tribal communities the victim often believes she is the abuser. In fact, she is blamed not only by the abuser, but also by her friends, family, relatives, his family and others. This Inventory can be useful in sorting out who is the primary aggressor/abuser. (Should be completed with the support of an advocate).

Monitoring/Controlling/Stalking

I Have ***Partner Has***

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Taken important paperwork (i.e. driver's license, immigration papers, passport) |
| <input type="checkbox"/> | <input type="checkbox"/> | Tried to control daily activities |
| <input type="checkbox"/> | <input type="checkbox"/> | Asked partner to check in constantly regarding activities/ whereabouts |
| <input type="checkbox"/> | <input type="checkbox"/> | Asked children to report on activities and/or whereabouts of you/partner |
| <input type="checkbox"/> | <input type="checkbox"/> | Gone through personal belongings |
| <input type="checkbox"/> | <input type="checkbox"/> | Listened to calls or tapped the phones |
| <input type="checkbox"/> | <input type="checkbox"/> | Read, tracked, monitored mail, email or internet use |
| <input type="checkbox"/> | <input type="checkbox"/> | Restricted access to the phone, taken or damaged your phone |
| <input type="checkbox"/> | <input type="checkbox"/> | Prevented you/partner from calling for help during a violent accident |
| <input type="checkbox"/> | <input type="checkbox"/> | Ever appeared unexpectedly someplace |
| <input type="checkbox"/> | <input type="checkbox"/> | Watched/ followed/stalked partner |
| <input type="checkbox"/> | <input type="checkbox"/> | Had another person watching you/ partner |
| | | <input type="checkbox"/> Friend <input type="checkbox"/> Family Member <input type="checkbox"/> Paid Stranger/ Professional Detective |
| <input type="checkbox"/> | <input type="checkbox"/> | Used GPS to track or follow you or “keep tabs” on you |

Please explain 1 experience in detail: (optional)

Intimidation/ Threats

I Have ***Partner Has***

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Tried to intimidate you/partner |
| <input type="checkbox"/> | <input type="checkbox"/> | Threatened to impoverish you/ partner if left |
| <input type="checkbox"/> | <input type="checkbox"/> | Threatened to call police on you/partner or try to get you/partner arrested |

- Threatened to get custody of your child/children
- Told or threatened you/ partner that "I Will never let you go"
- Ever driven recklessly or caused an accident with you/ partner in the car
- Ever threatened or harmed a pet
- Destroyed objects/ damaged property or intimidated you/Partner or your child/children
- Destroyed or damaged your/ partner's personal/ important items
- Threatened you /partner with deportation
- Threatened suicide attempt
- Threatened to physically abuse you/partner
- Threatened to kill you/partner

Please explain 1 experience in detail: (optional)

Children

I Have

Partner Has

- Ever threatened to take the child/children
- Ever taken children without permission
- Prevented you/ partner from fleeing and taking the children

Please explain 1 experience in detail: (optional)

Weapons

I Have

Partner Has

- Have access to a weapon
- List the weapons you or your partner has access to:

Where are these weapons currently located?

- Threatened you/ partner or child/children with a weapon

Please explain 1 experience in detail: (optional)

Physical

I Have Partner Has

 Been physically abusive towards you/ partner and your child/children?

If yes, please check boxes below to indicate the types of physical abuse experienced and who

I Have	Partner Has		Child/Children Involved
<input type="checkbox"/>	<input type="checkbox"/>	Violence in public	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Throwing objects	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Pushing/shoving	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Restraining/ limiting mobility	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Sleep deprivation	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Limiting access to food	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Limiting access to medicine and medical care	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Blocking exit	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Grabbing	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Tripping	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Shaking	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Cutting with sharp object	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Hair pulling	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Slapping	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Pinching	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Biting	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Hitting/punching	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Kicking	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Physical abuse while pregnant	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Attempts to harm or kill unborn child	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Abuse resulting in broken bones, internal injury or need for medical care	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Abuse resulting in disability, disfigurement or other permanent injury	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Attempted strangulation or attempted suffocation/smothering	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Tried to kill you/ partner/child	<input type="checkbox"/>

Yes No

- Are you afraid of your partner?
- Are you afraid to leave your child/children with your partner?
- Has your partner tried to kill you?
- Do you believe your partner is capable of killing you?
- Do you feel this won't end until one of you is dead?

Please explain 1 experience in detail: (optional)

Sexual

I Have ***Partner Has***

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Ever pressured or forced you/ partner to do sexual acts that make you uncomfortable |
| <input type="checkbox"/> | <input type="checkbox"/> | Sexual behavior putting you/partner at risk for sexually transmitted diseases |
| <input type="checkbox"/> | <input type="checkbox"/> | Ever forced sex or raped you/ partner |

Please explain 1 experience in detail: (optional)

Other Abuse

I Have ***Partner Has***

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Control over the money/finances |
| <input type="checkbox"/> | <input type="checkbox"/> | Has access to your/families money/accounts |
| <input type="checkbox"/> | <input type="checkbox"/> | Claims to forget abusive incidents or denies they occurred |
| <input type="checkbox"/> | <input type="checkbox"/> | Minimizes the Abuse |
| <input type="checkbox"/> | <input type="checkbox"/> | Made you/partner feel like you/they are going crazy |
| <input type="checkbox"/> | <input type="checkbox"/> | Humiliated you/partner |
| <input type="checkbox"/> | <input type="checkbox"/> | Abuse has been escalating/ getting worse |
| <input type="checkbox"/> | <input type="checkbox"/> | Isolates you/partner from friends, family or community |
| <input type="checkbox"/> | <input type="checkbox"/> | Degraded your/partners culture, religion, nationality, gender or sexual orientation |

Please explain 1 experience in detail: (optional)

Chemical Use

Types of drugs and/or alcohol you use: _____

Types of drugs and/or alcohol your partner uses: _____

I Have ***Partner Has***

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Take prescribed medications
What? _____ |
| <input type="checkbox"/> | <input type="checkbox"/> | Use illegal or un-prescribed medications |

If you are a victim/survivor please know that you are not alone and you can get help. There are confidential Tribal services, off reservation services, support groups, and shelters for Native women available. It is also important to have a safety plan to help you stay safer and help your children stay safer. Your Tribal advocate can assist you with the safety plan and referrals to confidential domestic violence service providers.

*If you have been arrested for domestic violence and you are a victim/survivor and are mandated to this or another program it is very important that you also seek victim services support.

**If you are trying to get clean & sober and you are a victim of domestic violence there are treatment options available



ABUSE

**If Not for You, Then for the Sake of the
Children of The Next 7 Generations**



YOUR HEALING JOURNEY

A healing journey is your journey. It is a process. This process involves examination, reflection, emotions, and embracing and acting on changes you want to make in your life. Your healing journey is personal. Anyone's healing process has ups and downs. For many of us healing is an ongoing process. Our process potentially has many choices and many paths we can choose. One great aspect of being on the healing journey is that you have chosen it and are free from the abuse and control of someone else.

ANGER

You have a right to your feelings and anger may be at the top of the feelings list. Putting your faith, trust and love into someone who proclaims love and then abuses you has done damage beyond hurt. The abuse has kept you controlled and consequently made it difficult to be yourself. The physical and sexual abuse impacted you greatly but many survivors say that the emotional abuse was much worse because it took away their sense of self, joy, and confidence. Why would you not be angry? Some are not only angry with the abuser but also with themselves. Can you forgive yourself if you are angry with you?

Some say that hanging onto anger keeps you in a victim role. Hanging onto anger can make you sick. And sometimes it is healthy to hold onto a little anger. The anger may never go away and

that's okay as long as you don't let it interfere with that positive changes and progression of your life.

- When you are angry, you become self-destructive. YES NO
If yes, what do you do that harms you? _____
- When you are angry, you lash out at others. YES NO
- Feeling and expressing your anger can be healthy? YES NO
- You have support if you feel like harming yourself? YES NO

Being safe or not in harms-way can help you express your anger in a healthy way. Many survivors express anger in a support group or with an advocate or counselor and they say this helps them in their healing process.

You can move forward and accomplish what you choose to accomplish but if you let the anger build and eat away at you it will make your healing journey very difficult and more challenging. Anger can merely become a part of your history. No-one's history can be changed. It happened, we learn to live with it as best we can. Some look at their personal history as an opportunity for change and personal growth.

SOMEONE ELSE'S OPINION

Whether it's a friend who can't understand; family members who have never been in an abusive relationship; someone who has always lived with abuse and has accepted it as normal; or a professional in the system who doesn't understand the effects of abuse...it is your experience and your life. Most often negative people don't understand or know what has actually happened to you. They may make un-informed comments and judgment. They may tell you something that would make you unsafe or make you question your own decision and leave you feeling hopeless and defeated. Your healing journey may mean making the choice to stay away from the people that (for any reason) just can't support you and cheer you on to victory in your healing process.

It is very hard to heal when you don't have support from others but it is not impossible. It is always possible to reclaim your life by making choices that bring you health, safety and happiness.

Ultimately you are in charge of your life. Remember you are always making decisions and choices. You can choose to feel good about yourself and your life or you can choose to feel bad about yourself and your life.

Living with abuse is never easy, it takes a lot of strength to stay in a life of abuse. Those who are still in an abusive relationship and trying to gain knowledge and courage to leave, still need

support from positive people. As with those who have left and broken free of the abuse, they still need support and encouragement from positive people too.

*One key to both situations of healing entails getting information, support and resources and being and staying safe.

You have to trust your own feelings and decisions, and know that you have the right to be free and make your own choices. If someone doesn't agree with or like the choices you make, too bad.... don't take it personally they have their own life. Native women are sovereign.

(“What you think of me is none of my business” heard in an ALANON meeting)

KNOWLEDGE

This is the information and resources that give you everything you need to make any decision. Learning all you can about your Tribal domestic violence codes/laws; the dynamics and effects of domestic violence; and the resources/help your Tribe or other Tribes (such as shelter) have to offer are important things to do for your children and yourself.

*Breaking the cycle of violence is the single most loving gift you can give your children and yourself. Violence is not good for anyone. It takes its toll on everyone.

GETTING HELP

It's okay to ask for help. It is a matter of life or death. It is important to know who you can go to and where you can go if and when you need help. Support from a real-life domestic violence advocate/counselor can be useful for many reasons. Not only can they help you with your feelings and giving you support but also, they can help you with legal referrals, getting resources, and safety planning. You may have to access a Domestic Violence Program off the reservation if there is no program or you feel un-safe accessing help on the reservation.

SAFETY

After you are away from the abuser and you have broken free, you may have to take more steps than just leaving. Safety planning is crucial (especially) if you are leaving and after you leave. Your DV/SA advocate can help you with safety planning.

You should be able to get help with filing an order of protection. Ask your DV/SA advocate. However, an Order of Protection Against Domestic Violence, will not help if the abuser calls you, comes by your home or work, emails or mails you letters, sends messages through another person, stalks or harasses you in anyway and you don't report these actions. Remember an abusive person will do anything to get their foot in your door (it common to make promises to change or stop hurting you, etc.)

In some Tribal communities if you don't report the violations of the protection order, Law Enforcement will not take you seriously. Take ALL violations seriously and report them. Log

all calls, and save the voice messages & texts, keep letters, print emails, in other words document everything, you may need this documentation in court.

Violation of a Protection or No Contact order is a crime, just like the abuse was a crime. Abusers don't respect the law and will often violate it. They need to be held accountable for these violations and the abuse and they need to know that you are serious about your own safety and the safety of your children.

You are in charge of your own life. Embrace your 'personal power'. Don't let anyone diminish that, your life is your life. Don't be pulled back in for more abuse. Life is hard...Leaving is hard...Change is scary... Healing takes time, but we can all do it, especially with a good attitude and some positive support.



WHAT IS DOMESTIC VIOLENCE

Domestic violence is a pattern of assaultive and *coercive behaviors that an adult or adolescent uses to gain and maintain power and control over an intimate partner. What an abuser does, works...it controls the person who is the target of the different types of abuse.

The behaviors can be:

- physical
- sexual
- emotional / psychological
- reproductive coercion
- economical
- destruction of property and pets
- spiritual
- cultural
- threats of the above

Domestic violence is learned and chosen by the abuser.

Victims can be:

Single or married, heterosexual, two-spirit or LGBT, teen or adult in a dating relationship, co-habiting with child in common, familial relationship (brother/brother, sister/sister, brother/sister, parent child).

*Coercive- driving, compelling or forcing or urging relentlessly or exerting pressure on, or motivating strongly.

ACTIVITY:

1. Look at the Triangle of Unnatural Power & Control
2. Read the tactics/behaviors that are used
3. Add anything that may have been used against you

MALE PRIVILEGE

ISOLATION

INTIMIDATION

EMOTIONAL ABUSE

MINIMIZE, LIE, and BLAME

USING & ABUSING the CHILDREN

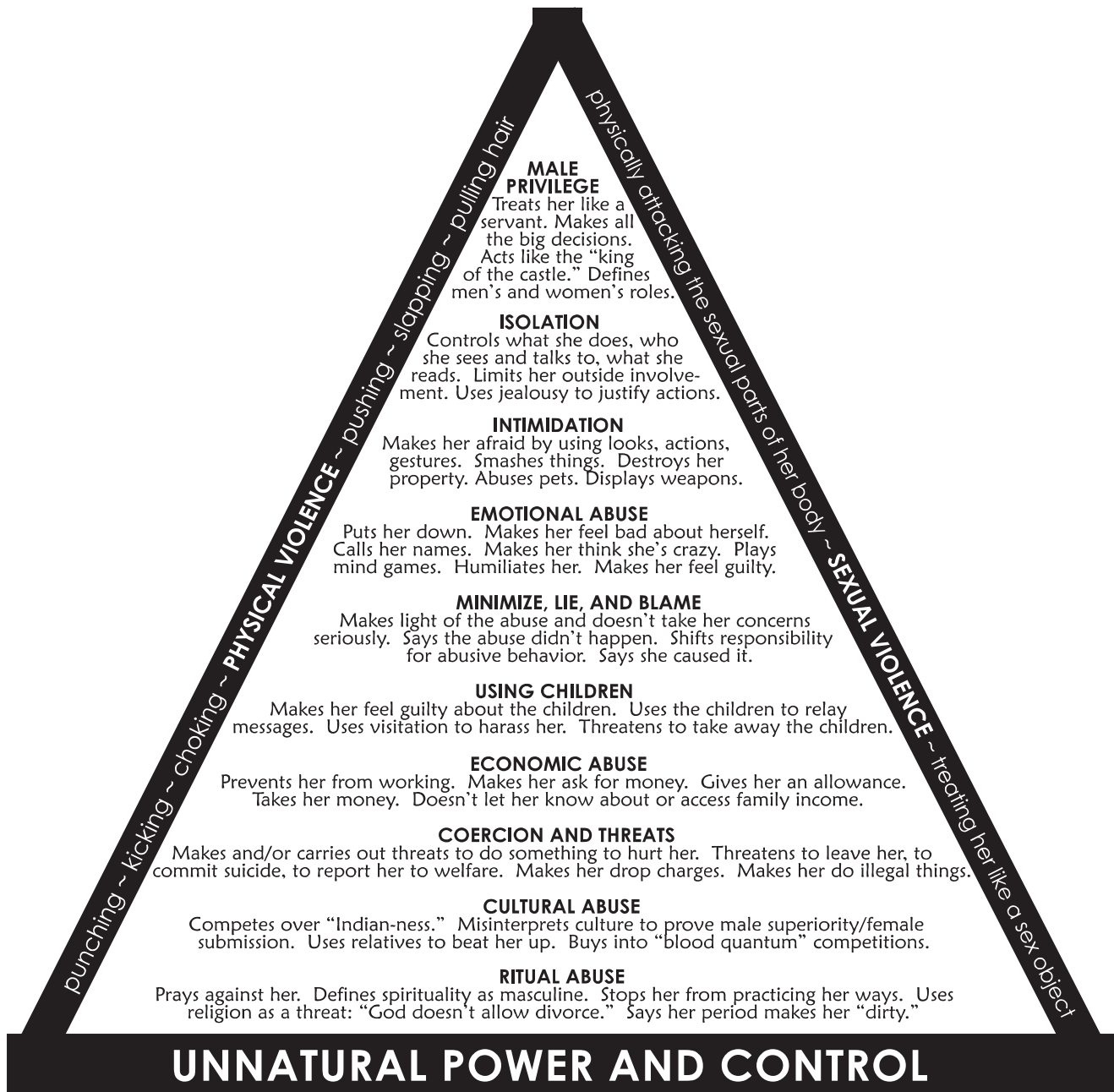
ECONOMIC ABUSE

COERCION and THREATS

CULTURAL ABUSE

RITUAL ABUSE

VIOLENCE AGAINST NATIVE WOMEN: BATTERING



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512.407.9020 (phone and fax) • www.ncdsv.org

4. Notice that the outer Triangle has Physical Violence and Sexual Violence. Think of these types of abusive behaviors as being the ‘glue’ that holds the other forms of abuse in place.
- *Also note that the threat of physical or sexual violence can be the glue, too. All a victim/survivor has to know is that the abusive person is capable of harming her or the children or other family members.



PHYSICAL ABUSE TACTICS:

- Pinch / squeeze
- Push / shove
- Shake / jerk
- Slap
- Bite
- Burn
- Restrain
- Push / shake / slap (leaving bruises)
- Punch / hit
- Kick
- Throwing objects
- Targeted hits / blows to specific body parts
- Uses household objects (or hard surfaces in rooms) as weapons
- Throwing the victim
- Restraining then physical blows
- Abuse (result in lacerations, broken bones, internal injuries or miscarriage)
- Use of conventional weapons – guns & knives
- Abuse leading to disfigurement or disability
- Choking / strangulation
- Attempted murder
- Murder

While some victims have experienced many of these abusive behaviors at the hand of a “loved” one, many have not.

*It is important to examine the effects of all of the forms of abuse because someone can maintain power and control over someone else without physical & sexual abuse.

SEXUAL ABUSE TACTICS:

- Sexist jokes (demeaning or degrading to victim or women in general)
- Sexual objectification (includes name calling)
- Jealousy - often extreme and un-founded
- Minimizing partner's (victim/survivor's) feelings and needs regarding sex
- Criticizing partner (victim/survivor) sexually
- Unwanted touching
- Withholding affection and sex
- Sexual labels like "whore" and "frigid" (may also label as a dyke/lesbian)
- Always demanding sex
- Forced pornography
- Forcing partner to commit humiliating sexual acts
- Cheating
- Being sexual without disclosing STDs or HIV status
- Forcing partner to watch sexual acts with others
- Demanding sex with threats
- Forcing sex with others
- Forcing sex after beatings
- Sadism (harming partner sexually for self -gratification and pleasure)
- Murder

Sexual abuse and assault are very difficult for victims/survivors to talk about or disclose. If you have been a victim of this type of abuse (and most types) you may suffer from Post -Traumatic Stress Syndrome (PTSD). It is important to get help to address the impact of the abuse.

Native American Women and Alaskan Native women also have the legacy of suffering from Intergenerational and Historical Trauma and internalized oppression (hurts). And we must address these issues in our healing process so we will raise children who are non-violent and know that Native women are sacred and that they are too.

- Now that you have seen some of the tactics of power and control that an abuser uses (whether a few or many). What are ways that have helped you (or a victim) survive?



EMOTIONAL ABUSE TACTICS:

Abusers use tactics similar to what prison guards use on their prisoners, it is a type of brainwashing. They recognize that physical control is not easily accomplished they need the cooperation of the victim. This can most effectively be gained through manipulation of the mind and feelings of the victim who then becomes a psychological, as well as, physical prisoner. These tactics form what we know as emotional abuse.

Jokes about your habits

Making jokes about women in general

Ignoring partner's feelings

Withholding approval as a punishment

Yelling

Name-calling

Repeated insults / labeling

Humiliation in private

Humiliation in public

Blaming you for all faults

Threats of violence / intimidation

Putting down your abilities to act on your own behalf

Demanding all your attention / restricting contact with others

Threatening custody / safety of the children

Offering to stay because you need him

Unpredictable consequences of actions

Attacking your sense of reality

Threatening suicide / attempting suicide

Threatening to murder you, the children or other relatives



WARNING SIGNS:

~ Does The Person You Love ~

- Track all of your time or check up on you often as if you are not trusted?
- Constantly accuse you of being unfaithful and sleeping around?
- Discourage your relationships with family and friends?
- Prevent you from working, attending school or going out?
- Criticize you for little things, like you can not do even simple things right?
- Totally ignore you or your children, like you are not even there?
- Control all finances and force you to account for what you spend?
- Let you and children go without basic needs like groceries, utilities, phone?
- Keep the phone locked up or take it with when they leave?
- Destroy personal property and sentimental items?
- Call you names and humiliate you either in private or in front of others?
- Treat you and any children like you are property?
- Tease, abuse, hurt or even kill your family pets?
- Keep you or your children from getting even basic medical care?
- Drinks or does drugs then gets angry or violent?
- Blame you for the anger and abuse, everything is your fault?
- Tell you that you're crazy or say the abuse never happened?
- Hit, punch, slap, kick, bite, burn, push, trip or use any other physical force on you or your children?
- Threaten to hurt you, your children, your family or friends?
- Use or threaten to use a weapon against you or others you care about?
- Force you to have sex with them, or others against your will?
- Have they knowingly given you a sexually transmitted disease?
- Threaten to kill themselves, or someone you care about if you leave them?
- Are you scared, often worried, can't relax or always on guard, being very careful of all you do or say?

IMPORTANCE OF KNOWING WHY WOMEN STAY: IT'S NOT YOUR FAULT

For most victims/survivors of domestic violence and sexual assault the experience of being blamed for the abuse and /or for staying in an abusive relationship is all too common. Most people on the outside of an abusive relationship just don't understand why a woman just doesn't leave.

One of the most important things to know is that extreme emotional abuse is always present in domestic violence situations (even if there is no physical or sexual battery). In fact, most women do try to leave and the reasons they return or stay in the relationship vary. Women often stay as a coping mechanism.

Situational Factors (Why A Woman Might Stay)

- **Economic dependence** and not knowing or having the ability to support herself and the children?
- **Fear** of greater physical danger to herself and her children if they try to leave.
- **Fear** of being hunted down and suffering a worse beating than before.
- **Survival** fear that her partner will follow her and kill her if she leaves, often based on real threats by her partner.
- **Fear** of emotional damage to the children.
- **Fear** of losing custody of the children, often based on her partner's remarks.
- **Lack a place to go** she has nowhere else to go, no place to sleep or live.
- **Lack of job skills** she might not be able to get a job.
- **Social isolation** resulting in lack of support from family and friends.
- **Social isolation** resulting in lack of information about her alternatives.
- **Lack of understanding** from family, friends, police, ministers, etc.
- **Negative responses** from community, police, courts, social workers, etc.
- **Fear of involvement** in the court process; she may have had bad experiences before.
- **Fear of the unknown** and doesn't know what to expect.
- **Fear and ambivalence** over making formidable life changes.
- **Acceptable violence** violence escalates slowly over time. Living with constant abuse numbs the victim so that she is unable to recognize that she is involved in a set pattern of abuse.
- **Ties to the community** children would have to leave their school, she would have to leave all her friends and neighbors behind, etc. For some women it would be like being in the Witness Protection program--she could never have any contact with her old life.
- **Ties** to her home and belongings.
- **Family pressure** because Mom always said, "I told you it wouldn't work out." or "You made your bed, now you sleep in it."
- **Fear of her abuser** doing something to get her (report her to welfare, call her workplace, etc.)
- **Unable to use resources** because of how they are provided (language problems,

- disability, homophobia, etc.)
- **Time** needed to plan and prepare to leave.

Emotional Factors (Why A Woman Might Stay)

- **Insecurity** about being alone, on her own; she's afraid she can't cope with home and children by herself.
- **Loyalty** "He's sick; if he had a broken leg or cancer--I would stay. This is no different."
- **Pity** believing he's worse off than she is; she feels sorry for him.
- **Wanting to help** "If I stay, I can help him get better."
- **Fear** that he will commit suicide if she leaves (often he's told her this).
- **Denial** "It's really not that bad. Other people have it worse."
- **Love** often the abuser is quite loving and lovable when he is not being abusive.
- **Love** especially during the "honeymoon" stage; she remembers what he used to be like.
- **Guilt** she believes--and her partner and the other significant others are quick to agree--that their problems are her fault.
- **Shame and humiliation** in front of the community. "I don't want anyone else to know."
- **Unfounded optimism** that the abuser will change.
- **Unfounded optimism** that things will get better, despite all evidence to the contrary.
- **Learned helplessness** trying every possible method to change something in our environment, but with no success, so that we eventually expect to fail. Feeling helpless is a logical response to constant resistance to our efforts. This can be seen with prisoners of war, people taken hostage, people living in poverty who cannot get work, etc.
- **False hope** "He's starting to do things I've been asking for." (i.e. Individual counseling, anger management, things she sees as a chance of improvement.)
- **Guilt** she believes that the violence is caused through some inadequacy of her own (she is often told this); feels as though she deserves it for failing.
- **Responsibility** she feels as though she only needs to meet some set of vague expectations in order to earn the abuser's approval.
- **Insecurity** over her potential independence and lack of emotional support.
- **Guilt** about the failure of the marriage/relationship.
- **Demolished self-esteem** - "I thought I was too (fat, stupid, ugly, whatever he's been calling her) to leave."
- **Lack** of emotional support--she feels like she's doing this on her own, and it's just too much.
- **Simple exhaustion.** She's just too tired and worn out from the abuse to leave.

Personal Beliefs (Why A Woman Might Stay)

- **Parenting** needing a partner for the kids. "A crazy father is better than none at all."
- **Religious and extended family pressure** to keep the family together no matter what.
- **Duty** "I swore to stay married till death do us part."
- **Responsibility.** it is up to her to work things out and save the relationship.

- **Belief** in the American dream of growing up and living happily ever after.
- **Identity** women are raised to feel they need a partner--even an abusive one--in order to be complete or accepted by society.
- **Belief** that marriage is forever.
- **Belief** that violence is the way all partners relate (often this woman has come from a violent childhood).
- **Religious and cultural beliefs** “the bible says a wife should serve her husband”

Reservation Realities (Why A Woman Might Stay)

- **Family and friends** don't believe the victim or blame her
- **Victim blames herself** she has been blamed for everything and is trying to accommodate and change
- **Lack of helping resources** hard to ask for, find or get helpful resources
- **No safe place to go** no safe house or shelter available or not able to get to a safe place on the reservation
- **Abuser well known** respected Tribal leader or family in Tribal leadership, others may believe his lies and blame the victim too
- **Victim has gone back many times** a woman may go back 8-11 times due to some or all of the above
- **Law enforcement** and first responders lack training or effective responses
- **Physical distance** on reservation difficult for first responders
- **Jurisdictional issues** [courts, law enforcement, prosecution w non-Native abuser]

****A WOMAN'S RISK FOR DYING INCREASES 75%-85% WHEN SHE LEAVES AN ABUSER!**

CHILDREN AND THE EFFECTS OF DOMESTIC VIOLENCE

Children react to their environment in different ways, and reactions can vary depending on the child's gender and age.

Children exposed to family violence are more likely to develop social, emotional, psychological and or behavioral problems than those who are not exposed (they do not have to actually see the physical abuse to be impacted by it). Recent research indicates that children who witness domestic violence show more anxiety, low self-esteem, depression, anger and temperament problems compared to children who do not witness violence (or have it impact their environment) in the home. The trauma they experience can show up as emotional, behavioral, social and physical disturbances that effect their natural development and can continue into adulthood (intergenerational trauma, too).

Some Potential Effects:

EMOTIONAL

- Grieving for family and personal losses (read about 5 stages of grief)
- Shame, guilt, and self-blame
- Confusion about conflicting feelings toward parent or parents
- Fear of abandonment, or expressing emotions, the unknown or personal injury
- Anger
- Depression, feelings of helplessness and powerlessness.
- Embarrassment

BEHAVIORAL

- Acting out or withdrawing
- Aggression or passivity
- Refusing to go to school
- Care taking; acting as a parent substitute (especially if there are siblings)
- Lying to avoid confrontation
- Rigid defenses
- Excessive attention seeking
- Self-isolating
- Bedwetting and nightmares
- Out of control behaviors (lacking impulse control)
- Reduced intellectual competency
- Manipulation, dependency, mood swings

SOCIAL

- Isolation from friends and relatives
- Stormy relationships
- Difficulty trusting, especially adults
- Poor anger management and problem -solving skills
- Excessive social involvement to avoid home
- Passive with peers or extraverted bullying
- Engaged in exploitative relationships as a perpetrator or as a victim

PHYSICAL

- Somatic complaints, headaches and stomachaches
- Nervous, anxious, short attention span
- Tired, lethargic
- Frequently ill
- Poor personal hygiene
- Extreme weight gain or weight loss
- Regression in development
- High risk play
- Self-harm, self-abuse

If you grew up in a home where there was domestic violence you were impacted in many of the same ways that your child or children are being impacted in your household. You can break the (intergenerational) cycle and help your child or children live their lives in peace and harmony and violence free.



Why Does He Do That?

“Abuse grows from attitudes and values, not feelings. The roots are ownership, the trunk is entitlement and the branches are control. Abusers are far more conscious of what they are doing than they appear to be. However even their less-conscious behaviors are driven by their core attitudes.” Lundy Bancroft, *Why Does He Do That?*

Why does he do that...because... ‘He can (do it), and nothing will happen to him’

- He does not take responsibility for his actions
- There are no consequences for his behaviors
- Lack of or no Tribal jurisdiction for non-natives
- Tribal prosecution and Tribal courts ineffective
- Federal jurisdiction failure to investigate, prosecute and convict

Why? Because abuse is:

- **Sanctioned by dominant society/culture:** laws and religions, until recently, permitted or encouraged men to beat their wives (the reverse has not been true)
- **Socialized behavior:** men learn to be violent toward women from their families and their fathers, and other male role models, especially those on television, in the movies, and in magazines (sexism & misogyny (woman hating) in the media);
- **Systems failure:** men often keep abusing because no one—not their families, not their friends, not the neighbors, not the police, not the media, the workplace, the church or the courts—effectively intervenes;
- **Strategic:** batterers inflict the greatest violence and the greatest damage when women try to leave. The strategy of abuse is to keep the woman from escaping;
- **Successful:** the man gets away with it, and gets his way;
 - **Substance abuse** (blames on or excuses): men often say, "I was drunk and out of control. I didn't know what I was doing." Abuse of alcohol or drugs does not interfere with men's control. Drinkers rarely beat up their drinking buddies or the police, but they often beat their wives.



When will he be accountable for hurting you and your children?



WILL IT REALLY EVER STOP?

You have been through all the hurtful, horrible things the abuser has done to you and possibly your children. If you have left, possibly you are beginning to feel free and shift your focus to you. You have an opportunity to help yourself and your children.

Beware the abuser will continue to control and abuse (especially if you share children). His tactics can be every bit as confusing (sometimes very familiar) and hard to deal with, especially when you are a bundle of emotions, often, still walking on eggshells and trying to get a new start and trying to heal (emotionally and physically).

Once you leave, the abuser will do whatever he can think of, to try to gain back some control of you and/or the children. In fact, women who leave are at greatest risk for injury and death. The abuser needs a victim. He needs someone to have power over and he will sink to any level to try to continue to hurt you, or promise you anything to get you back.

GETTING YOU BACK

In an abusers' mind the victim is his belonging/property, he doesn't want to admit when it is over, he doesn't want to feel he lost (you). He is so sure of his power over you, he feels if he can say and do anything he thinks you want to hear and see, you will go back to him. Sadly enough, this often works.

When you first leave, so many emotions surface. Often these are emotions you couldn't feel while you were with the abuser. More often than not, there is a sense of loss. The end of a relationship, whether good or bad - gives feelings similar to the death of a person or death of life long dreams. A survivor must grieve. You have lost a dream, your hopes, your plans of growing old together, etc . There is much to grieve.

Be kind and forgiving of yourself after all you went into this relationship thinking this was the right person for you. You were in love. You eventually changed your life, for this person. He became your center/focus (part of the abuse), everything you did was to make him happy, to adjust to his wants or demands. In the process of

that, a strong sense of self was often lost.

Now you have an opportunity to take charge of your life and reclaim what you have lost ... you and your happiness. Be Happy, stay safe!

BEING SAFE – MOVING FORWARD

FOR A WOMAN WHO HAS BEEN ABUSED & BATTERED

SAFETY MEANS...

- ❖ Being protected from his violence everywhere she goes.
- ❖ Having her children with her and being able to keep them safe.
- ❖ Being heard and believed.
- ❖ Being supported in her decisions.
- ❖ Having a home and the things she needs to support herself and her children.
- ❖ Not having to explain what she did to survive.
- ❖ Having the time, space, and support to regain power and control over her life.
- ❖ Not having to justify what she wants and needs.
- ❖ Accurate information about abuse, battering, oppression, her culture and resources.
- ❖ Knowing it's not her fault.
- ❖ Not having to be perfect to be protected and respected.
- ❖ Being able to walk her path without barriers or fear.
- ❖ Being treated as a woman, not as sick, crazy, a case or 'part of the problem'.
- ❖ Being treated as a sacred relative.



Abuser Accountability Means...

- Law enforcement and the Tribal legal system enforce the law, regardless of the relationship.
- The abuser/batterer can't manipulate the system to control her or blackmail her into returning.
- He stops from being violent and abusive to her in any way.
- He stops from using child visitation or custody to frighten, harass or assault her.
- He stops intimidating her, including in court.
- He is stopped from using his friends, relatives or Tribal community members to coerce, frighten, harass or assault her.
- He is confronted about his abuse and violence and held to the crime and consequences.
- He stops his behaviors...with no expectations for reconciliation or 'no strings attached' – unconditionally.



W14-2

Sign image from the Manual of Traffic Signs <<http://www.traffic-signs.us/>>
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SAFETY PLANNING:

You can't control your partner's abusive behavior, but you can take steps to protect yourself from harm. Whether you decide to stay or end the relationship, you should consider creating a safety plan. A safety plan is a personalized and practical plan for reducing your risk of being hurt by your partner. By thinking through it in advance, a safety plan can help you avoid dangerous situations and know the best way to react when you are in danger. Consider creating a safety plan with your children too. The Tribal DV advocate can help you with your safety plan.

Remember you are the one that knows about the abuse and the tactics used. It has to be a safety plan that works for you. Included you will find some suggestions but these are in no way meant as a template for safety.

When creating your safety plan, ask yourself these important questions:

- What can I do to stay safe in my home?
- How do I safely get to work or school?
- Is there a safe place I can go when abuse happens?
- Who can walk with me from one class to another?
- Who can I call if I feel I am in danger?

Personalized Safety Plan

Your safety is the most important thing. Listed below are tips to help keep you safe. It is important to get help with your safety plan. Your local domestic violence program will be able to provide you with a cell phone that is programmed to only call 911. These phones are for when you need to call the police and cannot get to any other phone.

If you are in an abusive relationship, think about...

1. Having important phone numbers nearby for you and your children. Numbers to have are the police, hotlines, friends and the local shelter.

2. Friends or neighbors you could tell about the abuse. Ask them to call the police if they hear angry or violent noises. If you have children, teach them how to dial 911. Make up a code word that you can use when you need help.
3. How to get out of your home safely. Practice ways to get out.
4. Safer places in your home where there are exits and no weapons (and no hard surfaces). If you feel abuse is going to happen, try to get your abuser to one of these safer places.
5. Any weapons in the house. Think about ways that you could get them out of the house.
6. Even if you do not plan to leave, think of where you could go. Think of how you might leave. Try doing things that get you out of the house - taking out the trash, walking the pet or going to the store. Put together a bag of things you use every day (see the checklist below). Hide it (or leave it or have a duplicate set) where it is easy for you to get.
7. Going over your safety plan often.

If you consider leaving your abuser, think about...

1. Four places you could go if you leave your home.
2. People who might help you if you left. Think about people who will keep a bag for you. Think about people who might lend you money. Make plans for your pets.
3. Keeping change for phone calls or getting a cell phone.
4. Opening a bank account or getting a credit card in your name.
5. How you might leave. Try doing things that get you out of the house - taking out the trash, walking the family pet, or going to the store. Practice how you would leave.
6. How you could take your children with you safely. There are times when taking your children with you may put all of your lives in danger. You need to protect yourself to be able to protect your children.
7. Putting together a bag of things you use daily and hide it where it is easy for you to get to.

ITEMS TO TAKE, IF POSSIBLE

__ Children (if it is safe)

- Money
- Keys to car, house, work
- Extra clothes
- Medicine
- Important papers for you and your children
- Birth certificates
- Social security cards
- School and medical records
- Bankbooks, credit cards
- Driver's license
- Car registration
- Welfare identification
- Passports, green cards, work permits
- Lease/rental agreement
- Mortgage payment book, unpaid bills
- Insurance papers
- PPO, divorce papers, custody orders
- Address book
- Pictures, jewelry, things that mean a lot to you
- Items for your children (toys, blankets, etc.)

Think about reviewing your safety plan often.

If you have left your abuser, think about...

1. Your safety - you still need to.
2. Getting a cell phone that is programmed to only call 911 (no gps). These phones are for when you need to call the police and cannot get to any other phone.
3. Getting a protection order from the court. Keep a copy with you all the time. Give a copy to the police, people who take care of your children, their schools and your boss.
4. Changing the locks. Consider putting in stronger doors, smoke and carbon monoxide detectors, a security system and outside lights.
5. Telling friends and neighbors that your abuser no longer lives with you. Ask them to call the police if they see your abuser near your home or children.
6. Telling people who take care of your children the names of people who are allowed to pick them up. If you have a protection order protecting your children, give their teachers and babysitters a copy of it.

7. Telling someone at work about what has happened. Ask that person to screen your calls. If you have a protection order that includes where you work, consider giving your boss a copy of it and a picture of the abuser. Think about and practice a safety plan for your workplace. This should include going to and from work.

8. Not using the same stores or businesses that you did when you were with your abuser.

9. Someone that you can call if you feel down. Call that person if you are thinking about going to a support group or workshop.

10. Safe way to speak with your abuser if you must.

11. Going over your safety plan often.

WARNING: Abusers try to control their victim's lives. When abusers feel a loss of control - like when victims try to leave them - the abuse often gets worse. Take special care when you leave. Keep being careful even after you have left.

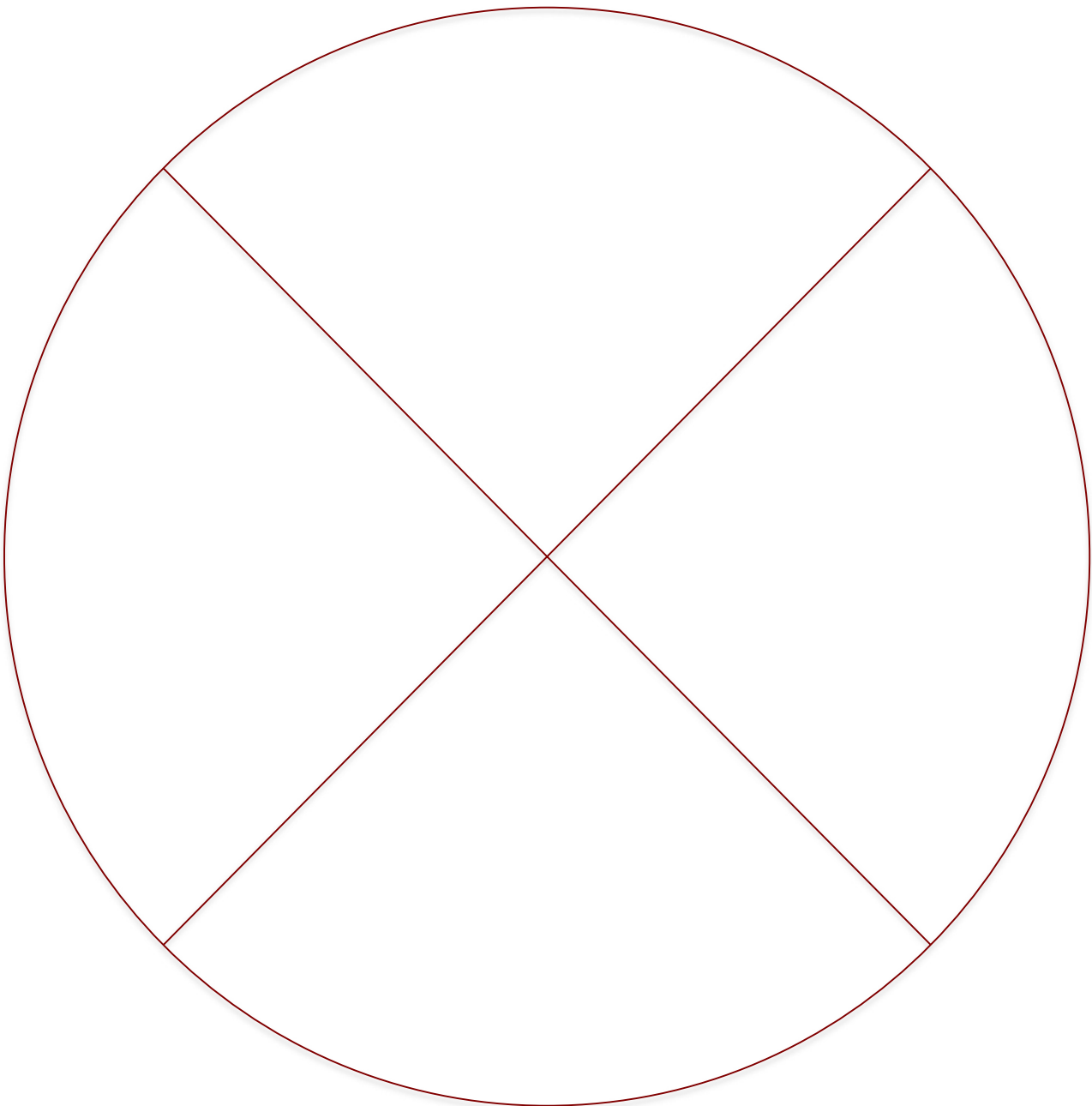
NOTES

ACTIVITY:

LABEL EACH PART

- 1. EMOTIONAL**
- 2. PHYSICAL**
- 3. SPIRITUAL**
- 4. MENTAL**

LIST UNDER EACH LABEL: WHAT THE IMPACT OF THE ABUSE HAS BEEN FOR YOU (in each area)

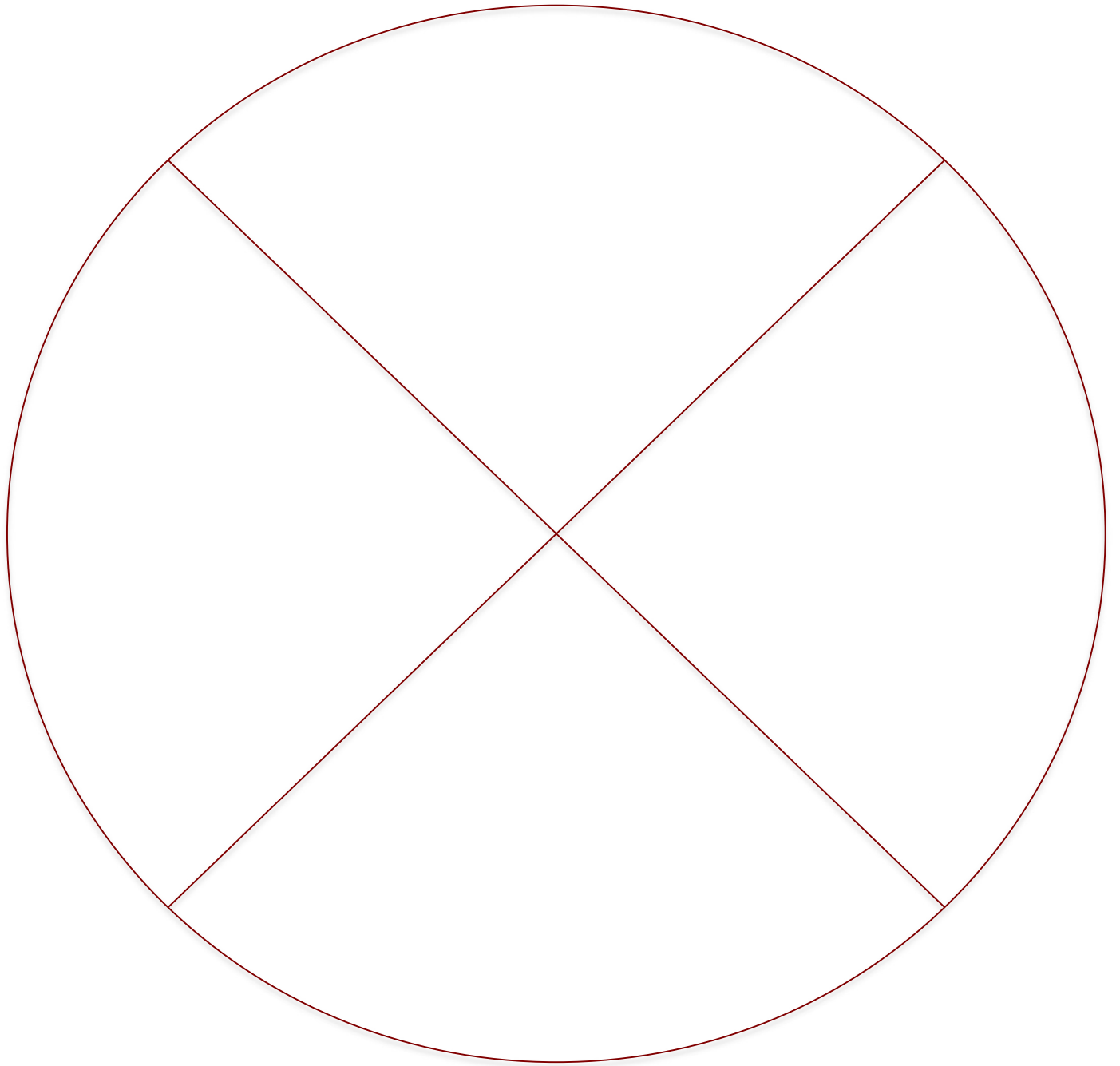


ACTIVITY:

LABEL EACH PART

- 1. EMOTIONAL**
- 2. PHYSICAL**
- 3. SPIRITUAL**
- 4. MENTAL**

LIST UNDER EACH LABEL WRITE: VISION OF YOUR LIFE WHEN YOU ARE FREE FROM VIOLENCE AND ABUSE (in each area).



ABUSE IS NOT OUR TRADITION!

Violence against Native Americans can be largely attributed to the immigration of Europeans to North America beginning over 600 years ago. This began the change in the status of Native women, once held as leaders, considered sacred and much respected; the Europeans enforced their values and perpetuated the belief that violence against women, particularly their partner was acceptable.

Historically we can look back and see times when Native women were considered Sacred. In our healing it is essential to reclaim our Sacredness. When embrace this value and belief, not only will we change personally, but we will effect change in our family and community.

Reasons Native women seek traditional healing:

- Comfort
- Reclaim spirituality
- Healing all areas of self – Medicine Wheel - physical, spiritual, emotional and mental
- Balance and harmony with the Natural world
- Prayers, rituals, ceremonies, stories and songs that heal and makes the woman feel valued, supported, as though a burden is removed, cleansed, etc.
- Practice traditional ways.
- Have built a relationship with Native spiritual leaders.
- Heard other Native women's stories of healing.
- Are embraced in a circle of Native women who help them process what happened and guide them in healing.
- Break out of isolation.
- Reclaim Ourselves, Reclaim Our Sacred.
- Model for our children and the next 7 generations.

Key Tribal Community Values that Help Us Heal:

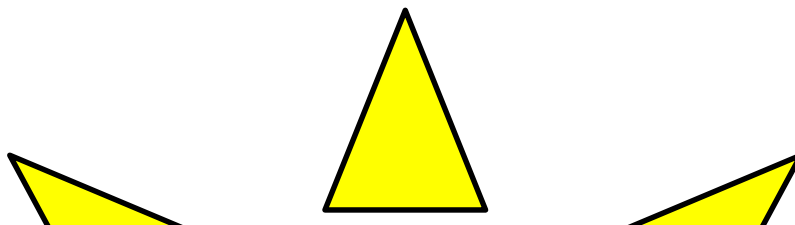
- Spiritual Centeredness
- Sharing of Resources
- Sense of Community
- Courage and Resiliency
- Love
- Respect
- Compassion
- Contributing/Industriousness

- Generosity
- Non-Violence

Tribal Community Values (& Reasons Survivors of Abuse and Violence Want and Need to Heal in their Community):

- Spiritual Reflection
- Sexual Respect
- Cultural Respect
- Equal Partnership
- Trust and Support
- Honesty and Accountability
- Responsible Parenting
- Shared Responsibility
- Economic Partnership
- Negotiation and Fairness
- Non-Threatening Behavior

The healing journey is ultimately one of self-healing. The body is a marvelous self-healing mechanism. It contains the knowledge of how to function properly and bring itself back into balance. Our job is to learn to align ourselves with the natural, healing processes of nature. A healer may help to bring us into alignment, but it is ultimately up to us to integrate and sustain the results of the healing.





Journey of the Soul- A Return to Our Sacredness ©

By Dee Koester M.S. EXCERPT FROM "JOURNEY OF THE SOUL – A RETURN TO OUR SACREDNESS"

Be Your Personal Best

The journey of moving toward self-actualization (being the best you can be) is a very personal journey that requires you to make decisions about the paths that are right for you. No one can make the journey for you! For the purpose of this workbook, it is both an individual and a group process.

This work considers *the universal truths* that life philosophies and religions have as basic, profound guides to live by. The challenge in this part of your journey is to align your values, beliefs, and practices with the *truths* that define your life purpose.

When the alignment of life's purpose and our values become one, the world as we know it becomes a valuable array of lessons to be learned, and enlightenment is achieved.

Universal Truths to Consider On Your Journey

- The opposite of living in *balance* is living in chaos and disharmony.
- The process of living in balance includes a decision to honor others and ourselves.
- In order to find the balance in our relationships and achieve peace, from within and without we must put aside childish reactions and emotions that block our movement forward and our ability to accept unexpected blessings life has to offer.
- Once these challenges are overcome, we can know our purposes in life.
- The path to spiritual enlightenment confronts our past hurtful experiences; the ability to gain insight and wisdom only comes from a place of integrity.
- Once we begin to see our place in the world, what is expected of us, and what requires “spiritual work” in order to fulfill our divine purpose.
- We all live fully by feeling joy and sorrow; both are necessary emotions to reveal an appreciation and gratitude for what we have.
- Happiness is a sister to pain and sorrow; we cannot appreciate one without the others.

Choices of Being

- In what ways do you show respect?
- Choose to be your personal best. What does this mean to you?
- Choose to be of service to others.

JOURNALING

JOURNAL QUESTION

Find a quiet place in which to meditate and consider where you are on your journey. What lessons have you learned?

JOURNAL ENTRY:

THE COURAGE TO RELAIM YOUR SACRED SELF

Living Requires Being Courageous

Take back your authority over your life! Become impeccably accountable in all you do, think, and believe to be true. The definition of accountability is to be trustworthy, reliable, and conscientious. If we do not hold ourselves accountable, we fall into a victim's role overshadowed and diminished by guilt, shame, anger, regret and blame. The journey to reclaiming one's life is not for the faint-hearted. We will no longer give ourselves away by dishonoring the gifts (the medicine) given us by the Creator on the day of Creation. This is no easy task. How do we begin?

Embrace the Light and the Shadow

The goal of life is not to master all the rules of perfection. It is instead to become aware of our thoughts, feelings, desires, and actions so that we can eventually live in harmony with the entire world; we can live in harmony and oneness with everything. That is the secret to life, the ultimate life lesson. We must come to appreciate everything. We must not judge another's journey or path. We must tap into our personal courage and choose to learn from our mistakes while moving forward.

NATIVE WOMEN



All Native Women possess or have a right to:

- Her own unique path in Life without fear, but with freedom.
- Self-governance: to make her own decisions, without others' approval or agreement. This includes spending money, having/ending relationships (including sexual), choosing what support she wants, choosing what ways and when support will be given, and also how she dresses and where she lives.
- Resources she needs in order to walk her path in the way she wants. This includes housing, food, clothes, transportation and other necessities, as well as the right to accurate information and respectful, nonjudgmental support. It means access to resources that support her chosen life way, including the practice of her spiritual ways.
- To speak freely for herself in her own way, to define her own reality, experiences, and self-identity. This includes interpreting womanhood for herself.

Family & Tribal Community Healing:

It is essential that Tribal communities learn about and heal from not only violence but also historical and intergenerational trauma. This will ensure that generations to come will be healthy, happy and thriving.

- ❖ View /see the abuse and traumas in a bigger, broader way (identify personal, individual trauma, intergenerational trauma, and Tribal historical trauma).
- ❖ Determine the direction of healing.
- ❖ Re-establish the 'good' – healthy ways of living and relating.
- ❖ Discard the un-healthy with intention.
- ❖ Recreate and establish the old-the traditions, ceremonies, carving, sustaining food, storytelling, etc.
- ❖ Identify and unify in creating ways the community is healthy, safe and nurturing for all generations.



WASHINGTON STATE NATIVE AMERICAN COALITION AGAINST DOMESTIC VIOLENCE & SEXUAL ASSAULT

542 N 5th Ave, Ste C

Sequim WA 98382

360- 681- 3701

Fax: 360-681-3745

Website: WomenSpirit.net

email: Info@womenspirit.net

WA Tribal Shelters for Native American & Alaskan Native Women: for more information call:

Lummi Victims of Crime Program: (360) 384-2285

Puyallup Domestic Violence Advocacy Program: (253) 680-5499

Tulalip 'Legacy of Healing Advocacy Center': (360) 716-4100

**Quinault Shelter -Sacred Healing Journey – A Healthy Families Program
Program Supervisor & Lead Advocate
360-276-8215 ext 8151**

Additional Reading

- * Conquest: Sexual Violence and American Indian Genocide by Andrea Smith**
- * Sharing Our Stories of Survival by Carrie Martel**
- * Letters To Survivors & Resurrection After Rape
by Matt Atkinson**