



## HOW WELL DO YOU CARE FOR YOURSELF

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- ◆ Do you eat well, eat so you feel healthy?
- ◆ Do you usually get enough sleep?
- ◆ Are you touched in a caring way as often as you would like?
- ◆ Do you allow yourself enough time for doing something you want to do each day?
- ◆ Do you get yourself checked regularly if you are worried about aspects of your health?
- ◆ Do you give yourself a treat regularly? — For example, when you buy the children a treat, do you include yourself?
- ◆ Are you getting stimulation from outside of your children and partner? — e.g. by following your own interests, or spending time with friends.
- ◆ Do you let yourself have fun often?
- ◆ Do you feel good about your body?
- ◆ When was the last time you laughed out loud?



## BE GOOD TO YOURSELF

- ◆ Do not answer the phone during dinner.
- ◆ Stop trying to please everybody.
- ◆ Carve out an hour a day for solitude.
- ◆ Set aside one day a week for rest and renewal.
- ◆ For every "yes" let there be a "no".
- ◆ Do not squander precious resources, time, creative energy, emotion.
- ◆ Never make a promise you can not keep.
- ◆ Allow an extra half-hour for everything you do.
- ◆ Always carry something interesting to read.
- ◆ Breathe deeply, and often...
- ◆ Drink pure water and lots of it.
- ◆ Always opt for comfort.
- ◆ Cultivate gratitude.
- ◆ Be instead of do.
- ◆ Exchange security for serenity.
- ◆ Luxuriate in your senses.
- ◆ If you do not love it, live without it.
- ◆ Let Mother Nature nurture.
- ◆ Go to bed at nine o'clock twice a week.
- ◆ Move — walk, dance, run, find a sport you enjoy.
- ◆ Begin and end each day with prayer, meditation, and reflection.
- ◆ Strive for realistic deadlines. Approach problems as challenges.
- ◆ Nurture friendships.
- ◆ Honor your aspirations.
- ◆ Savor beauty.
- ◆ Cherish your dreams.
- ◆ Do not be afraid of your passions.
- ◆ Search for your authentic self until you find her.

## THE SOCIAL READJUSTMENT RATING SCALE

**Will stress in your life make you sick?**

If any of these life events have happened to you in the last 12 months, please check 'Happened Column' and enter value in 'Score Column'.

<i>Item #</i>	<i>Life Event</i>	<i>Happened</i>	<i>Item Value</i>	<i>Your Score</i>
1	Death of spouse		100	
2	Divorce		73	
3	Marital separation		65	
4	Jail term		63	
5	Death of close family member		63	
6	Personal injury or illness		53	
7	Marriage		50	
8	Fired at work		47	
9	Marital reconciliation		45	
10	Retirement		45	
11	Change in health of family member		44	
12	Pregnancy		40	
13	Sex difficulties		39	
14	Gain of new family member		39	
15	Business readjustment		39	
16	Change in financial state		38	
17	Death of close friend		37	
18	Change to different line of work		36	
19	Change in # of arguments with spouse		35	
20	Mortgage over \$10,000		31	

<i>Item #</i>	<i>Life Event</i>	<i>Happened</i>	<i>Item Value</i>	<i>Your Score</i>
21	Foreclosure of mortgage or loan		30	
22	Change in responsibilities at work		29	
23	Son or daughter leaving home		29	
24	Trouble with in-laws		29	
25	Outstanding personal achievement		28	
26	Wife begins or stops work		26	
27	Begin or end school		26	
28	Change in living conditions		25	
29	Revision of personal habits		24	
30	Trouble with boss		23	
31	Change in work hours or conditions		20	
32	Change in residence		20	
33	Change in schools		20	
34	Change in recreation		19	
35	Change in church activities		19	
36	Change in social activities		18	
37	Mortgage or loan less than \$10,000		17	
38	Change in sleeping habits		16	
39	Change in # of family get-togethers		15	
40	Change in eating habits		15	
41	Vacation		13	
42	Christmas		12	
43	Minor violations of the law		11	

**TOTAL**

**Total Score for 12 Months**

**Note:** The more change you have, the more likely you are to get sick.

Of those people with over 300 Life Change Units for the past year, almost 80 percent get sick in the near future; with 150 to 229 Life Change Units, about 50 percent get sick in the near future; and with less than 150 Life Change Units, only about 30 percent get sick in the near future.

## HOW IS YOUR ABILITY TO MANAGE STRESS?

Stress Control or management is a core determinant of Wellness. The following statements, if answered sincerely, will give you an indication of how well you are fairing in this area. You can tally your score at the bottom, but your awareness to the areas covered is more important. At the completion ask yourself these questions: "What is my honest opinion of how well I am doing in this area of stress management?" and "Am I interested enough to perhaps do better?"

These are the choices you have in responding:

1 = *Yes*                      2 = *No, but I could learn or improve*                      3 = *Does not apply*

1 2 3

- |     |  |       |
|-----|--|-------|
| 1.  | I engage in meditation, quiet time, Periods of reflection, or other means of centering my mind regularly and whenever needed | ..... |
| 2.  | I listen to and think about constructive criticism rather than react defensively   | ..... |
| 3.  | I find it easy to laugh and refrain from taking problems and myself too seriously  | ..... |
| 4.  | I am able to say <i>no</i> to people without feeling guilty  | ..... |
| 5.  | I know how to relax my body and mind without using drugs or alcohol  | ..... |
| 6.  | When I make mistakes, I accept them as part of life and learning   | ..... |
| 7.  | I can recognize, accept and deal with my feelings of anger, sadness, happiness, and fear                                     | ..... |
| 8.  | I know how I create my feelings  | ..... |
| 9.  | I take time off or time out when I really need it  | ..... |
| 10. | I set realistic objectives for myself  | ..... |

- 11. I maintain a positive personal support system and contribute to that of others .....  
of others
- 12. I would feel able to seek professional counseling if needed. ....
- 13. I am aware that some of my nervous habits may be related to the stress  
I feel at the time .....
- 14. I feel okay about crying and allow myself to do so .....
- 15. I recognize that insomnia, general fatigue, muscle stiffness, back pain,  
headaches, ulcers, colitis, gastritis, heart disease, cancer, and strokes  
are all highly correlated with stress .....
- 16. I recognize that a happy family life is important to my stress management  
(this applies as well to intimate relationships) .....
- 17. I am free most of the time from tension and frustration related to my work  
or educational pursuits .....
- 18. I can set aside my problems temporarily and enjoy myself at something  
else until a good solution is at hand .....
- 19. I feel happy and optimistic most of the time .....
- 20. On the whole I feel my life and accomplishments are meaningful .....



## FANTASTIC LIFESTYLE ASSESSMENT INVENTORY

Based on the past month, rate yourself in each of the areas below:

		2 Points	1 Point	No Points	Max. Score
<b>FAMILY FRIENDS</b>	-Communication with others is open, honest & clear	almost always	some of the time	hardly ever	2
	-I give and receive affection	almost always	some of the time	hardly ever	2
	-I get the emotional support that I need	almost always	some of the time	hardly ever	2
<b>ACTIVITY</b>	-Active Exercise - 30 min e.g. running, cycling, fast walk	3 times weekly	twice a week	seldom or never	2
	-Relaxation & enjoyment of leisure time	almost daily	some of the time	hardly ever	2
<b>NUTRITION</b>	-Balanced Meals	almost always	some of the time	hardly ever	2
	-Breakfast daily	almost always	some of the time	hardly ever	2
	-Excess sugar, salt, animal fats or junk foods	minimal use	some of the time	frequently	2
	-Ideal weight	within 10 lbs (4kg)	within 20 lbs (8 kg)	not within 20 lbs (8 kg)	2
<b>TOBACCO TOXINS</b>	-Tobacco in the past year	none	pipe only	cigarettes	2
	-Abuse of drugs: prescribed & unprescribed	seldom or never	some of the time	frequently	2
	-Coffee, Tea, Cola	under 3/day	3-6/day	6 or more	2
<b>ALCOHOL</b>	-Average intake per day	less than 2 drinks	2 drinks	more than 2	2
	-Alcohol & driving	never drink & drive	only rarely	fairly often	2
<b>SLEEP SEATBELTS STRESS</b>	-7-9 hours sleep per night	almost always	some of the time	hardly ever	2
	-Frequency of seat belt use	always	most of the time	some of the time	2
	-Major stressful events in past year	none	1-2	3 or more	2
<b>TYPE OF PERSONALITY</b>	-Sense of time urgency; patience	hardly ever	some of the time	almost always	2
	-Competitive & aggressive	hardly ever	some of the time	almost always	2
	-Feelings of anger & hostility	hardly ever	some of the time	almost always	2
<b>INSIGHT</b>	-Positive thinker	almost always	some of the time	hardly ever	2
	-Anxiety, worry	hardly ever	some of the time	almost always	2
	-Depression	hardly ever	some of the time	almost always	2
<b>CAREER (includes home making, students)</b>	-Satisfied in job or role	almost always	some of the time	hardly ever	2
	-Good Relationships with those around	almost always	some of the time	hardly ever	2
				<b>Total</b>	

Legend for scores on FANTASTIC lifestyle assessment.



What does your score mean?

If you score:

- 42 - 50 - Congratulations - You are in control.
- 35 - 41 - Good work - You are on the right track.
- 30 - 34 - Fair
- 20 - 29 - Somewhat low - you could take more control.
- 0 - 19 - You are in the danger zone (but honesty is your real strength).

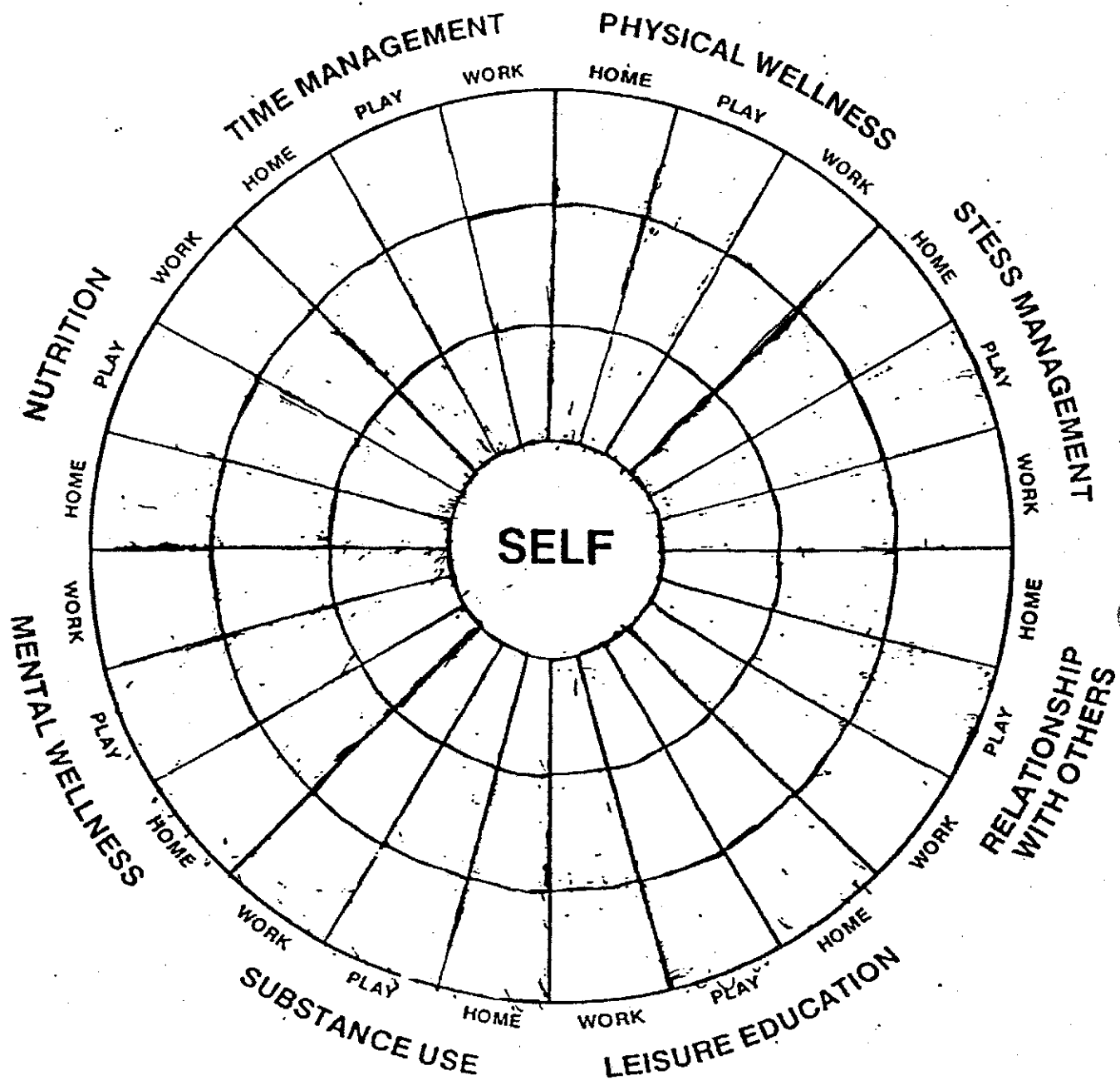
Note: The total score does not mean that you have failed. There is always the chance to change your lifestyle - starting now. Look at the areas where you scored a 0 or 1 and decide which areas you want to work on first.

Tips:

1. Don't try to change all the areas at once. This will be too overwhelming for you.
2. Writing down your proposed changes and your overall goal will help you to succeed.
3. Make changes in small steps towards the overall goal.
4. Enlist the help of a friend to make similar changes and/or to support you in your attempts.
5. Congratulate yourself for achieving each step. Give yourself appropriate rewards.
6. Ask your family physician, nurse or health department for more information on any of these areas.

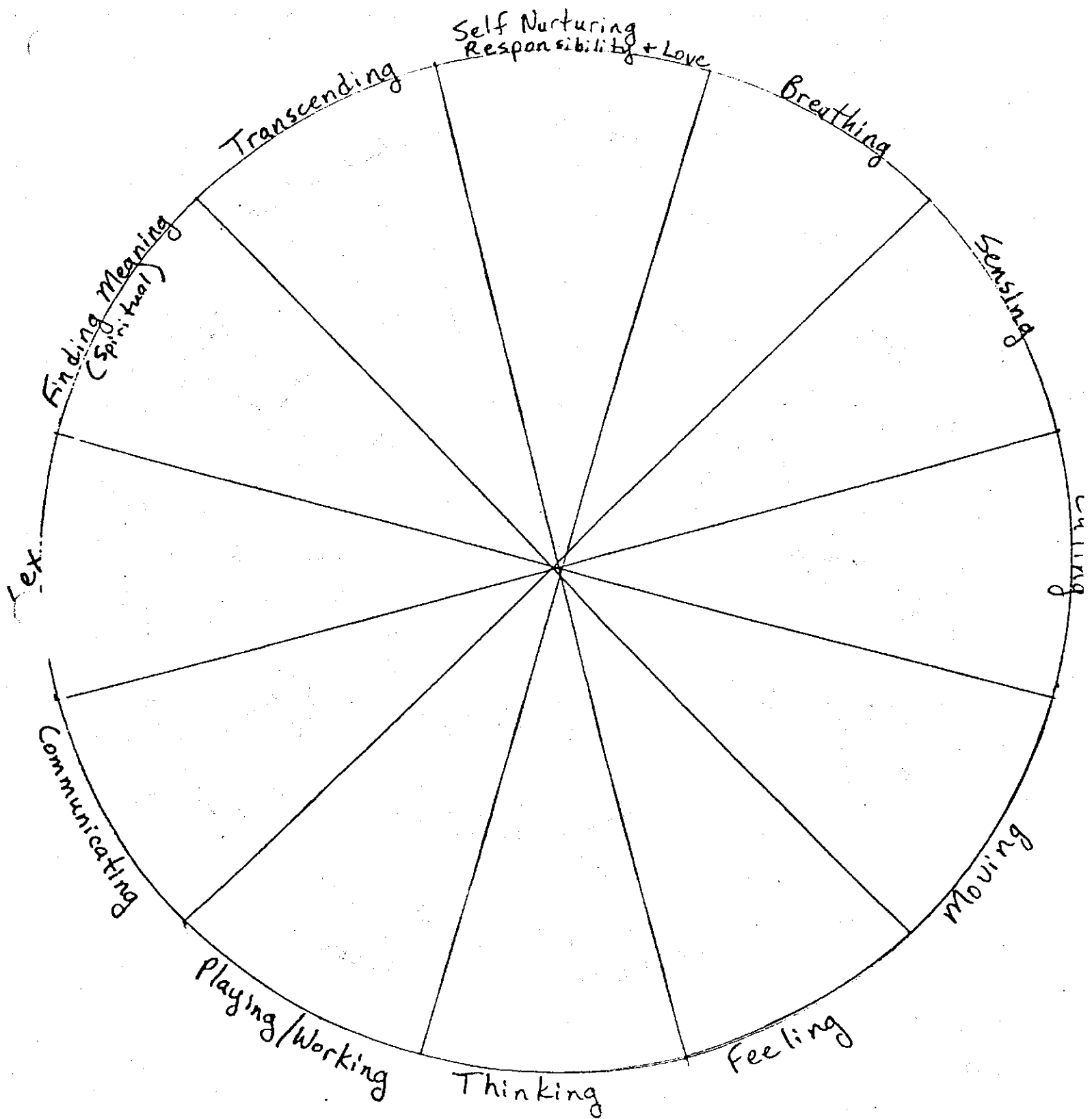


# LIFESTYLE WELLNESS MODEL



Graph your comfort level with how well you are taking care of yourself in each of these areas

# Medicine Wheel Wellness Model

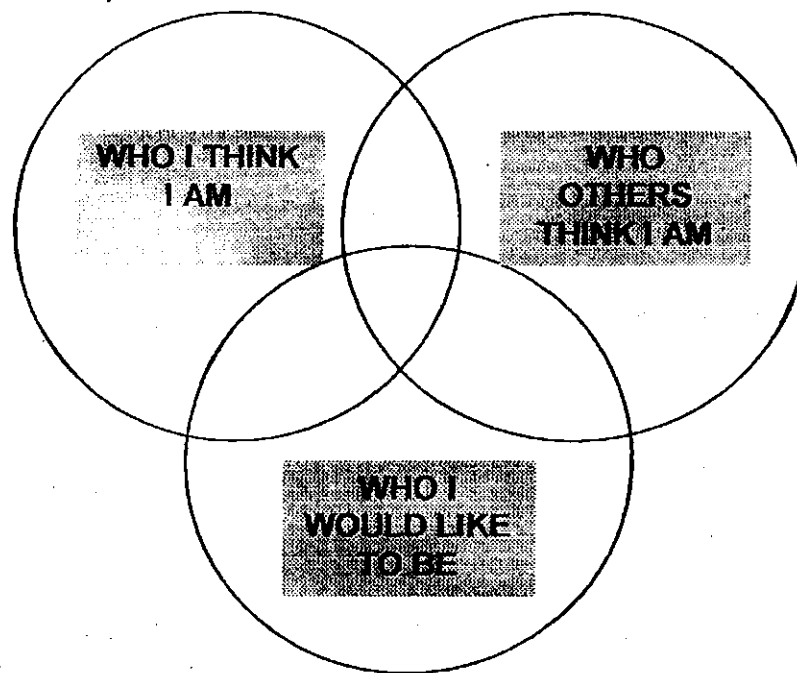


write in everything you do in a day/week/month that fits in each category.

## SELF CONCEPT

### THEORY BOX

Self -Concept



1. When the 3 rings complement each other, then the person is "well adjusted".
2. Conflict is a result of disagreeing viewpoints:  
"Who I think I am" is out of joint with "Who others think I am".  
The same is true of all rings
  - + "who I think I am" vs. "who others think I am"
  - + "who I think I am" vs. "who I would like to be"
  - + "who I would like to be" vs. "who others think I am"
3. Self-concept is learned and can be changed. In a climate of trust and acceptance, through self-disclosure, and feedback, and reality testing we can begin to effect a change in self-concept.

**SELF-CONCEPT**

**SELF-CONCEPT WORKSHEET**

I am...	I imagine others see me as...	I would like to be...
<p>1. I am a person who is very kind and helpful to others.</p> <p>2. I am someone who is very hardworking and dedicated.</p> <p>3. I am a person who is very honest and trustworthy.</p> <p>4. I am someone who is very creative and imaginative.</p> <p>5. I am a person who is very confident and self-assured.</p> <p>6. I am someone who is very friendly and sociable.</p> <p>7. I am a person who is very intelligent and knowledgeable.</p> <p>8. I am someone who is very brave and courageous.</p> <p>9. I am a person who is very patient and understanding.</p> <p>10. I am someone who is very responsible and reliable.</p>	<p>1. I imagine others see me as a very kind and helpful person.</p> <p>2. I imagine others see me as a very hardworking and dedicated person.</p> <p>3. I imagine others see me as a very honest and trustworthy person.</p> <p>4. I imagine others see me as a very creative and imaginative person.</p> <p>5. I imagine others see me as a very confident and self-assured person.</p> <p>6. I imagine others see me as a very friendly and sociable person.</p> <p>7. I imagine others see me as a very intelligent and knowledgeable person.</p> <p>8. I imagine others see me as a very brave and courageous person.</p> <p>9. I imagine others see me as a very patient and understanding person.</p> <p>10. I imagine others see me as a very responsible and reliable person.</p>	<p>1. I would like to be a very kind and helpful person.</p> <p>2. I would like to be a very hardworking and dedicated person.</p> <p>3. I would like to be a very honest and trustworthy person.</p> <p>4. I would like to be a very creative and imaginative person.</p> <p>5. I would like to be a very confident and self-assured person.</p> <p>6. I would like to be a very friendly and sociable person.</p> <p>7. I would like to be a very intelligent and knowledgeable person.</p> <p>8. I would like to be a very brave and courageous person.</p> <p>9. I would like to be a very patient and understanding person.</p> <p>10. I would like to be a very responsible and reliable person.</p>

**Feedback from others...**

1. I have received a lot of positive feedback from others about my kindness and helpfulness.

2. I have received a lot of positive feedback from others about my hardworking and dedicated nature.

3. I have received a lot of positive feedback from others about my honesty and trustworthiness.

4. I have received a lot of positive feedback from others about my creativity and imagination.

5. I have received a lot of positive feedback from others about my confidence and self-assurance.

6. I have received a lot of positive feedback from others about my friendliness and sociability.

7. I have received a lot of positive feedback from others about my intelligence and knowledge.

8. I have received a lot of positive feedback from others about my bravery and courage.

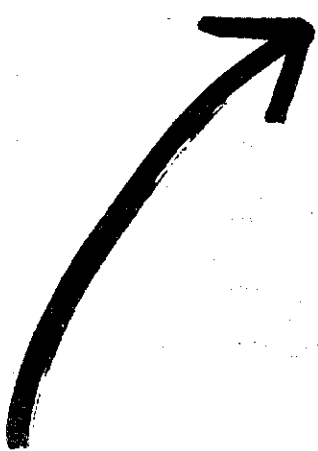
9. I have received a lot of positive feedback from others about my patience and understanding.

10. I have received a lot of positive feedback from others about my responsibility and reliability.

# Oppression Cycle

*Sexism/Classism/Racism etc*

*Entrenched Belief system  
based on systematic mistreatment  
of targeted group.*



*Which becomes the  
Justification for further  
Mistreatment  
people*



*Which generates  
Misinformation and ignorance  
About these groups of*



*Which becomes socially  
sanctioned attitudes, beliefs,  
Feelings and assumptions.*



✓

HELPING SKILLS  
CONDITIONS FACILITATING CHANGE

1. Persons tend to change when they have participated in the decision to change.
2. Persons tend to support change they help design; they tend to resist change they do not help design.
3. Persons tend to change when they are convinced that rewards for change exceed the pain of changing.
4. Persons tend to change when they see other change, particularly when the change direction is supported by valued persons.
5. Persons tend to change more readily in an environment free from threat and judgment.
6. Persons tend to change more readily when they have the competencies, knowledge, or skills required by the change.
7. Persons tend to change to the degree they trust the motives of the person or persons attempting to induce change.
8. Persons tend to change more readily if they are able to influence reciprocally the person or persons who are attempting to influence them.
9. Persons tend to continue to change to the degree that they see the change has been successful especially if they are able to gather data for themselves.
10. Persons tend to change by a series of small steps rather than a total, immediate, change in their way of life.
11. Persons tend to maintain change to the degree that change is supported by their environment.
12. Persons tend to maintain change if there is a public commitment to the change.
13. Persons tend to resist change to the degree that they feel it is imposed upon them.
14. It is tempting and fun (and so easy) to suggest changes for others; it is difficult to change oneself.

When you suggest that someone change, it may be perceived and felt by them as a rejection of who they are.

Used with thanks to  
Women's Health Clinic  
Winny, 472am.

People change when  
they want to, are  
ready to & see the  
benefit to themselves

### AFFECTING CHANGE

In order to affect change, the following points are necessary to consider carefully and to act upon. Only you can affect changes in your behaviour.

- \* a desire to change your behaviour.
  - \* a willingness to take some risks, initially in low-threat situations and then, as your confidence and skills increase, in more risky situations.
  - \* a willingness to value yourself as well as other people.
  - \* a willingness to live with the fact that sometimes you will not get your way.
  - \* a willingness to accept the fact that there is no such thing as a perfect response that will handle every situation.
  - \* a willingness to not demand magic, gimmicks, or pat answers to complex situations.
  - \* a willingness to examine yourself and to be open to new ways of thinking and handling situations.
  - \* a willingness to accept the fact that you will not dramatically change overnight.
  - \* a willingness to set small, reasonable goals.
  - \* a willingness to want to be liked by other people but to work on not being terribly upset when it doesn't happen.
  - \* a willingness to want fairness and to do everything you can do to be treated fairly, but to work on not allowing yourself to be excessively upset when it doesn't occur.
  - \* a willingness to accept the fact that acquiring skills requires effort and practice.
  - \* a willingness to put forth some effort and to practice.
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### Assertive Bill of Rights

#### I HAVE THE RIGHT TO . . .

- be responsible for my own life
- support others being responsible for themselves
- create conscious interdependence in my life (we're all here together)
- accept and respect myself and others
- feel happy, satisfied, and to allow inner peace
- take good care of my whole being: my body, my mind, and my spirit
- be imperfect, and to forgive myself and others for our mistakes
- be aware of and fulfill my own needs (and to support others doing so also)
- have dreams, goals, and ideals—and to bring them into reality

- have and express all my emotions, without indulgence
- tell others how I want to be treated
- allow people to help me even if I'm feeling guilty, unworthy, or dependent
- set my own priorities for the use of time, money, space, and energy
- get what I pay for
- get paid what I deserve
- have healthy, life-enhancing relationships
- change, emerge, expand in new directions
- free myself from guilt and worry, and trust the goodness of myself
- work together with others to resolve conflict and build a world beyond war

Ruth Sharon, M.A.  
Englewood, Colorado

bodies. Eventually, they surface as illness of some sort.

Giving over responsibility to so-called "experts," in so many areas of our lives, has caused us to discount our own intuitions and put down our own experiences and knowledge. Jere tells the story of getting a flat tire recently and

chanic took it, and the damage was soon repaired. Jere's mental program was that "experts know best." His reluctance to speak was an example of non-assertiveness.

It's risky to be assertive. People might not like us. They may reject us by saying:

"NO" or



**I have a right to:**

all the rights given by the Charter of Rights to citizens living in Canada

**Physically:**

the right to have basic physical needs met  
nutritional food and clean water  
decent, affordable housing  
appropriate clothing for weather conditions  
access to medical attention when needed  
freedom to feel safe at home and in public places  
financial stability - equal pay for equal work

**Mentally:**

the right to develop me mind, and talents, to their fullest potential  
the right to be able to apply the above  
the right to maintain mental stability - without harassment

**Emotionally:**

supportive friends acceptance appreciation respect  
emotional security (not having to put up with mind games and/or emotional blackmail)  
to be validated as a worthwhile humanbeing

**Spiritually**

freedom to worship  
love joy peace happiness

The following "Bill of Rights" may be used to start the group re-thinking their own attitudes toward themselves.

Increased assertiveness on the part of an assaulted wife may increase the hostility of the violent spouses. For women who are still with their spouses, the leaders should explore the realistic consequences of this with her. This does not mean that an assaulted wife should be silenced. It does mean that the consequences of assertive communication should be prepared for. She should have a plan of action to deal with any anticipated abuse.

**BILL OF RIGHTS FOR ASSAULTED WOMEN\***

- o I have the right not to be abused.
- o I have the right to anger over past beatings.
- o I have the right to change the situation.
- o I have the right to freedom from fear of abuse.
- o I have the right to request and expect assistance from police or social agencies.
- o I have the right to share my feelings and not be isolated from others.
- o I have the right to want a better role model of communication for my children.
- o I have the right to be treated like an adult.
- o I have the right to leave the abusive environment.
- o I have the right to privacy.
- o I have the right to express my own thoughts and feelings.
- o I have the right to develop my individual talents and abilities.
- o I have the right to legally prosecute the abusing spouse.
- o I have the right not to be perfect.

\* Patricia G. Ball and Elizabeth Wyman. "Battered Women Powerlessness"

### Signs of Unhealthy Boundaries

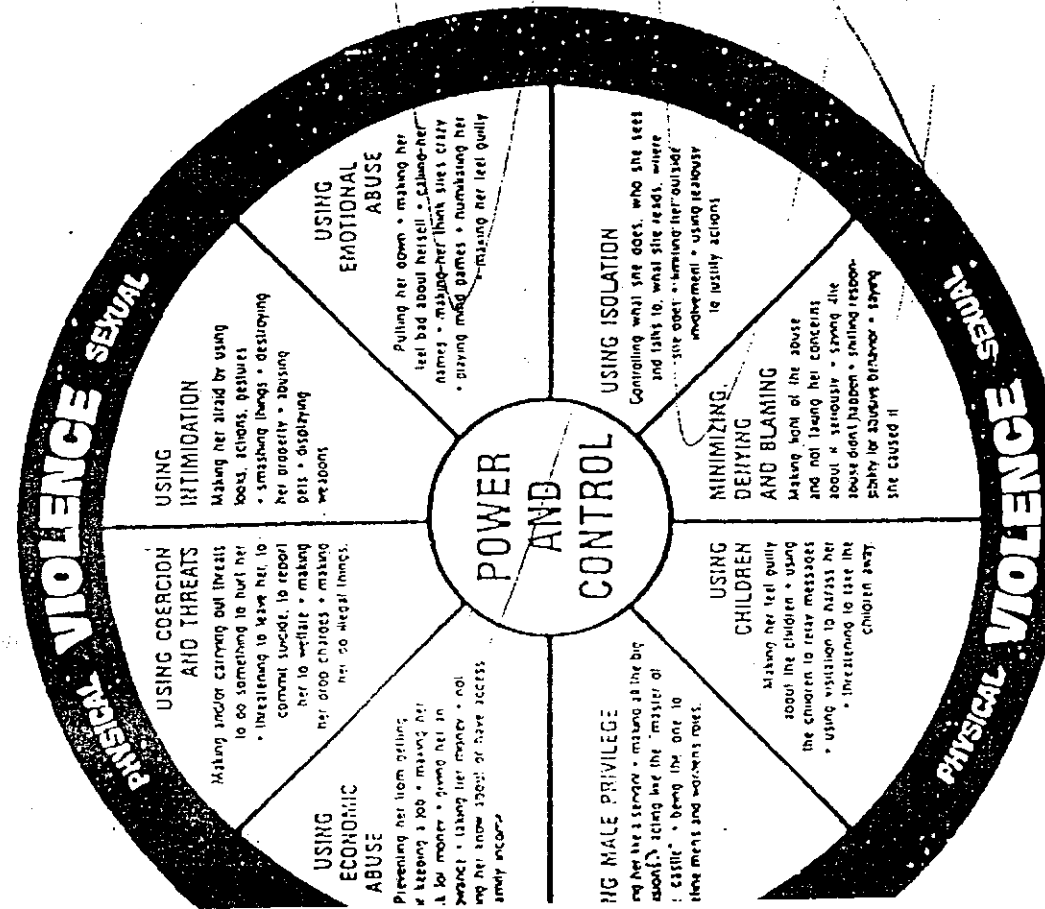
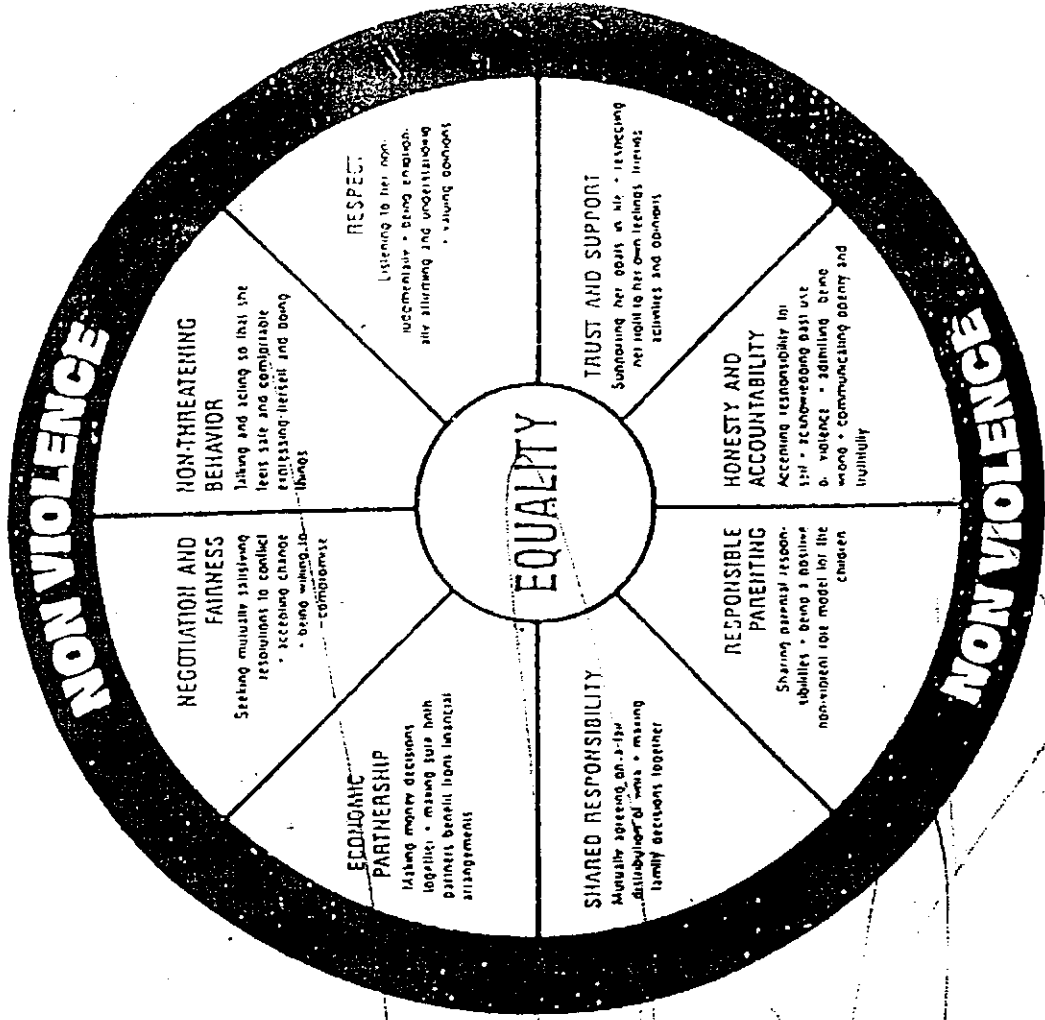
- Trusting no one — trusting anyone — dualistic thinking.
- Tell all
- Talking at an intimate level on first meeting
- Falling in love with anyone who reaches out
- Being overwhelmed or preoccupied by a person.
- Acting on first sexual impulse
- Being sexual for partner, not self
- Going against personal values or rights to please others
- Not noticing when someone else displays inappropriate boundaries
- Not noticing when someone invades your boundaries
- Accepting food, gifts, touch, sex that you don't want
- Touching a person without asking
- Taking as much as you can get for the sake of getting
- Giving as much as you can give for the sake of giving
- Allowing someone to take as much as they can from you
- Letting others direct your life
- Letting others describe your reality
- Letting others define you
- Believing others can anticipate your needs
- Expecting others to fill your needs automatically
- Falling apart so someone will take care of you
- Self abuse
- Sexual and physical abuse
- Food abuse.

### Signs of Healthy Boundaries

- Appropriate trust
- Revealing a little of yourself at a time, then checking to see how the other person responds to your sharing
- Moving step by step into intimacy
- Putting a new acquaintanceship on hold until you check for compatibility
- Deciding whether a potential relationship will be good for you
- Staying focused on your own growth and recovery
- Weighing the consequences before acting on sexual impulse
- Being sexual when you want to be sexual — concentrating largely on your own pleasure rather than monitoring reactions of partner
- Maintaining personal values despite what others want
- Noticing when someone else displays inappropriate boundaries
- Noticing when someone invades your boundaries
- Saying "no" to food, gifts, touch, sex you don't want
- Asking a person before touching them
- Respect for others —not taking advantage of someone's generosity
- Self-respect— not giving too much hoping that someone will like you
- Not allowing someone to take advantage of your generosity
- Trusting your own decisions
- Defining your truth, as you see it
- Knowing who you are and what you want
- Recognizing that friends and partners are not mind-readers
- Clearly communicating your wants and needs [and recognizing that you may be turned down, but you can ask]
- Becoming your own loving parent
- Talking to yourself with gentleness, humor, love, and respect

Boundaries adapted from a Women's Self Defense Handout

Boundaries: where I end and you begin  
by Anne Katherine



© 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025



## VIOLENCE AGAINST WOMEN

### FACTS

- ◆ Violence is experienced by women of all cultural groups, all ages and all economic classes (Statistics Canada, 1993)
- ◆ Half of all Canadian women have experienced at least one incident of violence since the age of 16 (Statistics Canada, 1993)
- ◆ Canadian women are thirteen times more likely to be abused by their partner than by a stranger (London Family Court Clinic, 1990)
- ◆ over 64% of women who experience violence are assaulted by men who are known to them (Ministry Of Women's Equality, 1996)
- ◆ Attackers are most often spouses, boyfriends, dates and neighbors (Ministry Of Women's Equality, 1996)
- ◆ Violence against women is responsible for approximately 60% of all female murders in BC (Ministry of Women's Equality, 1994)
- ◆ One sixth of currently married women reported violence by their spouse (Statistics Canada, 1993)
- ◆ Only 14% of all incidents of violence are reported to Police (Ministry Of Women's Equality, 1996)
- ◆ Violence against women is one of the most common causes of injury to women — accounting for more injuries than rape, mugging, and automobile accidents combined. (Stark & Flitercraft, 1988)
- ◆ In the Lower Mainland alone, between 4000 & 5000 women are beaten to the point of serious injury each year. (Women Count – Ministry Of Women's Equality).

**SOME CHARACTERISTICS THAT MIGHT IDENTIFY A POTENTIAL BATTERER**

1. Does a man report having physically or psychological abuse as a child?
2. Was the man's mother battered by his father?
3. Has the man been known to display violence against other people?
4. Does he play with guns and use them to protect himself against other people?
5. Does he lose his temper frequently and more easily than seems necessary?
6. Does he commit acts of violence against objects and things rather than people?
7. Does he drink alcohol excessively?
8. Does he display an unusual amount of jealousy when you are not with him?
9. Does he expect you to spend all your free time with him or keep him informed of your whereabouts?
10. Does he become enraged when you do not listen to his advice?
11. Does he appear to have a dual personality?
12. Is there a sense of overkill in his cruelty or in his kindness?
13. Do you get a sense of fear when he becomes angry with you? Does not making him angry become an important part of your behaviour?
14. Does he have rigid ideas of what people should do that are determined by male or female sex-role stereotype?
15. Do you think or feel you are being battered? If so, the probability is high that you are a battered woman and should seek help immediately?

from The Battered Woman by Lenore E. Walker.

### **AM I ABUSED?**

"Abuse" includes physical, sexual or emotional attacks, ranging from mild to lethal. The words you use to describe your situation is not important. It is important to recognize what's being done to you and know you don't have to take it.

### **PHYSICAL ABUSE:**

Has your intimate partner done any of these things to you?

- pushed or shoved you
- held you to keep you from leaving
- slapped or bit you
- kicked or choked you
- hit or punched you
- thrown objects at you
- locked you out of the house
- abandoned you in a dangerous place
- refused to help you when you were sick, injured or pregnant
- subjected you to reckless driving
- forced you off the road or kept you from driving
- raped you
- threatened or hurt you with a weapon

### **SEXUAL ABUSE:**

Sexual abuse is common that it too is beginning to seem almost normal to some people. Women have historically had so little to say about their sexuality that it's very confusing areas for many of us. Ask yourself whether your partner has done any of these things to you;

- told anti-woman jokes or made demeaning remarks about women
- treated women as sex objects
- been jealously angry, assuming you would have sex with any available man
- insisted you dress in more sexual way than you wanted
- minimized the importance of your feeling about sex
- criticized you sexually
- insisted on unwanted and uncomfortable touching
- withheld sex and affection
- called you sex names like "whore", "frigid"

- forced you to strip when you didn't want to
- publicly showed you sexual interest in other women
- had affairs with other women after agreeing to a monogamous relationship
- forced sex with him or others or forced you to watch others
- forced particular unwanted sexual acts
- forced sex after beating
- forced sex when you were sick or it was a danger to your health
- forced sex for the purpose of hurting you with objects or weapons
- committed sadistic sexual acts

**EMOTIONAL ABUSE:**

Emotional abuse is something even harder than sexual abuse to define and recognize. Almost everyone does it at some time or other couples develop a habit of hurling insults at each other. It's often hard to determine who did what to whom first, especially if the injury is delivered in a subtle way. How many of these things has your partner done to you?

- ignored your feelings
- ridiculed or insulted women as a group
- ridiculed or insulted your most values beliefs, your religion, race, heritage or class
- withheld approval, appreciation of affection as punishment
- continually criticized you, called you names, shouted at you
- humiliated you in private or public
- refused to socialize with you
- kept you from working, controlled your money, made all the decisions
- refused to work or share money
- took car keys or money away
- regularly threatened to leave or told you to leave
- threatened to hurt you or your family
- punishing or deprived the children when he was angry at you
- threatened to kidnap the children if you left him
- abused pets to hurt you
- told you about his affairs
- harassed you about affairs he imagined you were having
- manipulated you with lies and contradictions

FROM: GETTING FREE- A HANDBOOK FOR  
WOMEN IN ABUSIVE RELATIONSHIPS

by GINNY NICARTHY



- (3)
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***EARLY WARNING SIGNS: EMOTIONAL ABUSE***

**Early warning signs of dating violence include:**

- **Acting jealous or possessive**
- **Not taking “not” for an answer**
- **Controlling contact with friend/ family/ outside activities**
- **“Putting down” ideas, friends, family, appearance**
- **Making all the decisions**
- **Imposing traditional views of male/ female relations**
- **Driving fast or anxiety as anger**
- **Making accusations of lying**
- **Refusing to discuss feelings and then blowing up**
- **Becoming angry or violent after drinking or using drugs**

**Other early warning signs include behaviour that is:**

- **Threatening**
- **Manipulating and controlling**
- **Embarrassing**
- **Blaming**

**Remember:** if someone feels they are “walking on eggshells” to keep a partner from getting angry, there is trouble ahead.

## Exercise

## The Inner Dialogue

When was the last time you eavesdropped on yourself? Whether you are aware of it or not, there is an inner dialogue going on in your head all the time. These conversations can seriously undermine your peace of mind. They color your world view. They are the source of your problems, but they can be the source for the solutions, too. They literally run your life! Listening in on yourself will help you get in touch with yourself.

1. Set aside a few short periods each day in which you simply listen to your inner dialogue. Stop yourself now and then throughout the day, especially when you're confronted with a question or problem, and tune in to yourself.
2. After you've done this for at least several days, pose some specific topics to yourself, such as "colds," "old age," "death," and listen to what is being said.
3. Try writing out these "dialogues" as we have suggested in many previous exercises.
4. Assume the role of an objective third party and merely listen, attempting not to get involved.
5. Make a list of the negative messages you frequently hear yourself making. Realize how these are affecting the ways in which you view the world.
6. Make a list of positive counterarguments—start plugging them in.

with dolphins." He chose dolphins primarily because the dolphin brain is similar to the human brain in both size and complexity and he felt they would be the logical first choice for trying to establish interspecies communication.

Dolphins communicate almost solely by sonic transmissions. They use sonic and ultrasonic waves to scan their surroundings and to identify objects by shape and distance, and seem to be able to transmit information to each other. Lilly attempted to analyze and codify their underwater sounds in search of patterns that might indicate language. In another series of experiments, he studied the ability of dolphins to mimic human sounds

(the water). He thought that if dolphins could learn to communicate in the human mode, while at the same time we learned to understand theirs, there would be a greater possibility for finding common ground.

After a lapse of several years, Lilly returned to his research, this time using a computer as a language interface. But the work raised deeper questions. Most recently, he has abandoned his experiments with cetaceans because, he says, "I just didn't want to run a concentration camp for highly developed beings . . ."

Lilly's work invites us to speculate on our own modes of communication. We humans receive at

then in order to communicate, must translate our experience into words, which we then generally convey orally. For dolphins, the major input is *aural* so they need not translate their experiences from one medium to another in order to communicate. Their communication is more efficient and accurate than ours, and less information is lost in process. If we could communicate as directly as dolphins do, there would be much less misunderstanding and a greater degree of intimacy than we usually experience in our exchanges with each other. It would probably resemble those rare moments of contact we share with someone when minds seem to be joined and words are

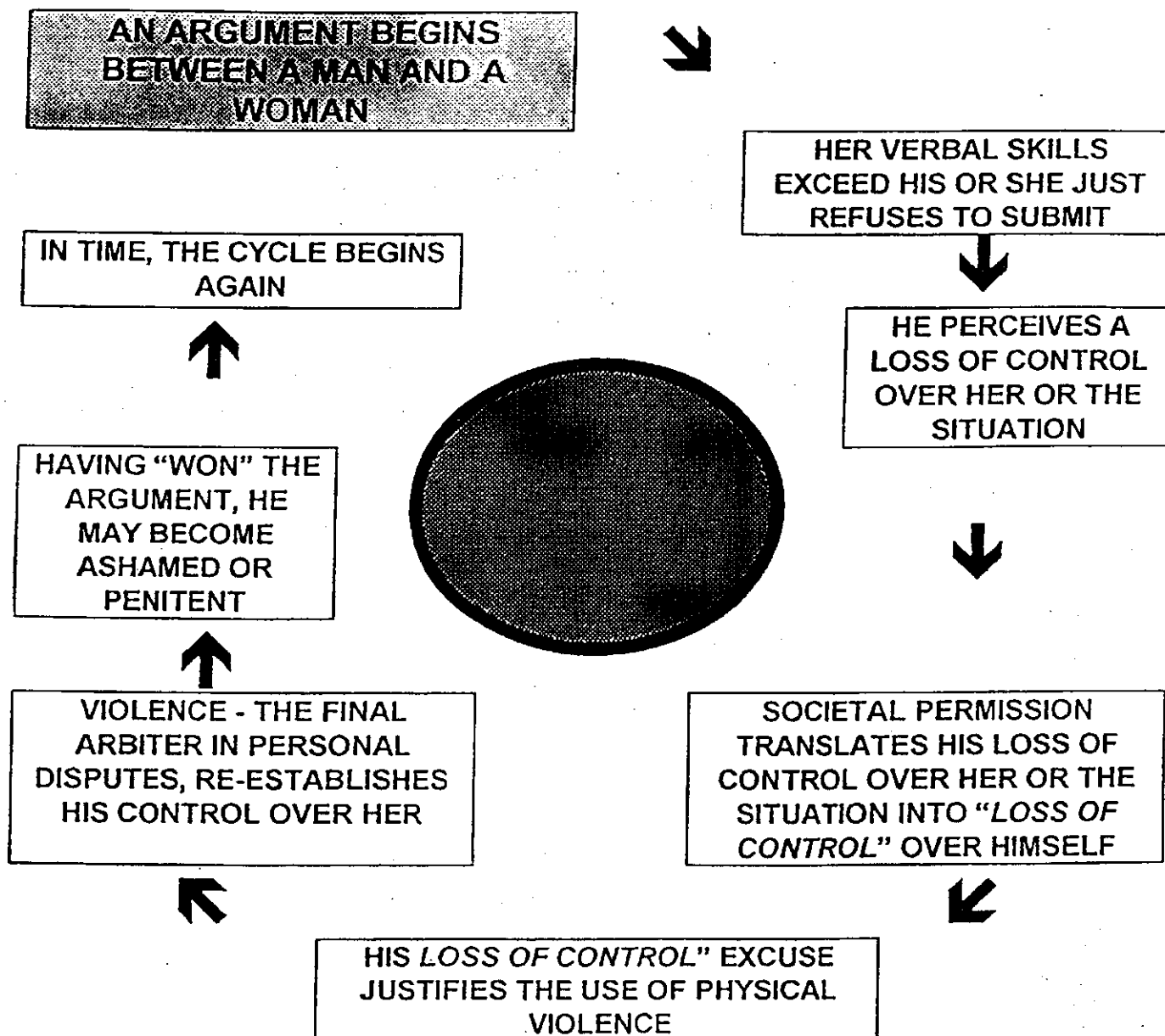
" The Problems of Assaulted Women are the Problems of All Women"

Any woman who doubts this statement need only ask herself these questions:

1. Did you ever back down from an argument with a man because you felt intimidated?
2. Did you feel that if you said anything more the situation might get out of hand?
3. Have you ever felt threatened by a man's superior physical strength?
4. Were you afraid that if he became any angrier he might strike you?
5. Have you ever stayed in a relationship longer than you should have?
6. Did you stay because you felt responsible for the other person?
7. Were you afraid of loneliness?
8. Did you stay because of the children?
9. Did you have gnawing doubts that you could not make it on your own in the outside world?
10. Were you fearful that you couldn't earn a decent living and manage the children by yourself?

-Marya Grambs, cited by Del Martin  
in Stopping Wife Abuse by Jennifer  
Baker Fleming (Anchor Books, 1979)

Distributed by:



Loss of control over a man's partner or over the situation is translated by our social experience into a felt loss of control over our selves. This subjective experience is a denial of the reality of men's use of force to maintain our control over another person through dominance.

**The Cycle of Control - Mark Robinson - RAVEN**

### FACTS ABOUT WIFE ASSAULT

1. Wife assault is a crime.

It is punishable by law.

2. Women are most vulnerable to being assaulted in their intimate relationships.

These relationships include legal and commonlaw marriages, dating relationships and even when a couple is no longer living together, although it occurs most frequently among married couples. One researcher goes so far as to call the marriage license a hitting license.

3. Wife assault is rarely an isolated incident.

One study demonstrated women being beaten as many as 35 times prior to their contact with the police at the time of the study.

4. Wife assault increases in severity over time.

Although no formal studies have been made, my clinical experience and that of my colleagues suggests that without direct intervention, assaults usually become more severe over time.

5. Wife assault causes serious and sometimes even permanent damage.

Twenty percent of visits to emergency medical services are the direct result of wife assault.

6. Victims of assault are vulnerable to self-destructive behaviour.

One study suggests that wife assault accounts for 25% of all suicide attempts. The same study concludes that assaulted women are far more likely to attempt suicide than non-assaulted women and do so repeatedly.

7. Wife assault is not a recent phenomenon.

Recently publicity may lead you to think it is on the rise, but in fact it's always been a hidden part of our community.

Women angry and tired of being victimized, are demanding that it become a public issue, a social problem in need of remedy. Credit for breaking the silence must go to the pioneers in the

battered women's movement. By providing safety through shelters, assaulted women came forward and were believed.

8. Wife assault has been condoned throughout history.

It is only within the last 100 years that wife assault has been considered illegal. Prior to that time, laws regulated the extent to which men could physically discipline their wives. One example is the popular "Rule of Thumb" termed by the English codifier of common law, William M. Blackstone, in 1867. This law permitted husbands to enforce domestic discipline in their homes as long as they used a switch or stick no broader than the width of their thumb. It was applied not only to wives but also to children and apprentices. All members of his household were seen as his property to do with as he saw fit if within reason. In Canada, it wasn't until 1968 with the Federal Divorce Act that cruelty became grounds for divorce. A woman, prior to 1968, would have to have visible proof of severe physical/mental abuse endangering her life before she could claim for alimony. In the words of one Ontario Chief Justice

"a husband may subject his wife, daily and even hourly to such treatment as makes her life a veritable hell on earth and she is without remedy if she is robust enough to suffer it all without impairment of her physical health of her mentality."

MYTHS ABOUT WIFE ASSAULT

Many of us are victim to commonly held beliefs about wife assault. These beliefs lead to an inappropriate analysis of the problem which results in ineffective interventions that fail to stop violent behaviour. Workers often express frustration and helplessness at this stage and, to cope with feelings of inadequacy, the victim gets blamed and the offender gets excused. This phenomenon of victim-blaming and excusing the offender perpetuates a belief in the myths.

These myths are also often believed by the families we see. Thus, our clients are as vulnerable to entrapment in this cycle as we are. We must first sensitize ourselves to the realities of violence as a necessary prerequisite to effective intervention. Some of the most common myths include:

**MYTH:** Men who assault their wives are mentally ill.

**REALITY:** Wife assault is too widespread to be explained away by mental illness. Most men who assault their wives confine their violence to the privacy of their own home. The abuse is often directed to particular

parts of the body that will not visibly bruise; obvious restraint and forethought is necessary to accomplish this. Violent husbands are not likely to attack their bosses when frustrated. If the man was truly mentally ill, he would lack the ability to be selective in his targets and controlled in his administration of abuse.

**MYTH:** Alcohol causes a man to beat his wife.

**REALITY:** While alcohol is often abused by the violent partner, it is not the cause of the violence. Rather, it facilitates the use of physical force by allowing the offender to abdicate responsibility for his behaviour. Some men become intoxicated in order to act out their violent wishes.

**MYTH:** Only poor women get beaten.

**REALITY:** Victims of wife assault come from all walks of life - rich/poor, black/white, rural/urban, educated/uneducated, full-time housewives/career women. There are no exceptions. However, violence in the upper classes is more likely to be hidden from public scrutiny because these women may have more to lose by exposing their situation.

**MYTH:** Women provoke violence. Therefore, they deserve what they get.

**REALITY:** No woman ever deserves to be beaten, regardless of the kind of person she is. Provocation is an excuse the offender uses to avoid responsibility for his own behaviour. Many people support his view by also examining the victim's behaviour or personality for clues as to the cause of the assault. Excuse-making perpetuates the use of violence as an acceptable method of problem-solving and leads the offender to believe he is justified in using force to get his own way.

**MYTH:** Women enjoy the abuse and find it sexually stimulating.

**REALITY:** Women do not find pleasure in abuse, nor is it a sexual turn-on. In fact, women are terrified, horrified and disgusted when their partners turn on them. The "masochist" label (someone who derives pleasure from pain or seeks it out) is often used in an irresponsible manner by uninformed people to explain the assaulted women's dilemma. Although



women often return to an abusive partner, it is not the violence they are returning to but the hope that it has stopped. Applying this label to assaulted women is demeaning and disrespectful and is one more way to blame the victim.

**MYTH:** If women were really bothered by assault, they would speak up.

**REALITY:** Assault victims remain silent for valid reasons. They believe they and their loved ones will be at even greater risk if they disclose the abuse. They may believe the abuse is their fault so feel great shame and embarrassment. Female role conditioning, with its emphasis on passivity and compliance, perpetuates a victim position in life. Ironically, those women courageous enough to challenge the silence are often not listened to or believed anyway.

**MYTH:** Men who beat their wives are a danger to the community.

**REALITY:** Wife-beaters seldom attack anyone outside their family. They know they would not likely get away with it. They reserve their rage for their wives, realizing that the consequences will be minor. Perhaps if these men were a greater danger to the community at large, major deterrents would already be in place.

**MYTH:** Assaulted women could leave their abusive partners if they wanted to.

**REALITY:** Women remain in abusive relationships for many reasons. Some are committed to their marriages and desperately want them to be successful. They hope he will change. For others, leaving is not an option because they have no place to go nor money to live on. Poverty is a very real possibility for assaulted women, especially those with children. Fear of being further harmed keeps them imprisoned in a violent relationship. Women often describe their husbands' threats to kill them if they leave.

**MYTH:** Pregnant women are protected from violent attacks.

**REALITY:** In fact, women who are pregnant are more vulnerable to violence. Many women describe the abuse starting when they were first pregnant or the violence became more severe during a pregnancy. Pregnant women have even less access to resources and thus are more

dependent on their partners than at non-pregnant times. Husbands take advantage of this dependent phase knowing that their wives will be less able to

Remember that the client's decision to remain in the relationship is not a reflection of poor counselling, nor is it a sign of defeat. Your counselling may be like the planting of seeds which will sprout at a later time.

3. Take time to listen to her story. Battered women are often isolated from friends, family, and potential sources of support. Show that you are hearing her by using the skills of paraphrasing, reflecting and summarizing. By this you may help reduce feelings of isolation.
4. Be sure to denounce the abuse. Like the rest of our society, a battered woman often believes that she is at fault - that she is responsible for his violent behaviour. You may want to say something like, "You shouldn't have to go through this. Nobody deserves to be beaten no matter what the situation."
5. Battered women often report incredible efforts to change their own behaviour. This is based on the mistaken belief that, if they change, he'll stop the beatings. In fact, the beatings usually continue. You may want to share your perception of this process as it applies to her. "Look at all the changes you've been making in your behaviour in the hope that he'll stop the violence. But you still get beaten". Emphasize that she cannot control his behaviour. He is responsible for his own violence.
6. When talking about why they stay in the situation, battered women will often say, "But he loves me...". This statement often stops us in our tracks as if love were some kind of magical or sacred phenomenon that is not to be questioned. Is violence against women a sign of men's love for women? Make this contradiction known without getting into abstract philosophical debates about the nature of "love".
7. Question the statement, "But I love him..." What does she mean by this? Need? Reverence? Fear? Affection? etc.
8. Ask her what makes her stay. Does she recognize what keeps her in the situation? Economic dependence? The job market? Strong belief in the nuclear family? Fear in failure in going on her own? Isolation? Lack of knowledge about potential supports, social programs, transition houses, etc? Battered women can often be helped to prepare to leave if the counsellor can inform them of what resources exist "out there".
9. Ask if she has ever left before. If so, what happened? How did she end up back in the situation? If she's thinking of leaving now or in the near future, can leaving be done in a way that would make it easier to stay out of the violent relationship? For example, perhaps the last time she left she

did not know about transition houses and ended up alone and without support.

WIP

- 10. Is this the first time she's told someone about the battering? If so, give strokes/congratulate for this. Battered women are often isolated and feel much stigma because of violence in their family. Telling you about the battering is a way of reaching out and, as such, is a risk. Recognize it as an accomplishment.
- 11. Explore possible sources of support for her. Are there friends or relatives who might be supportive? If she hasn't told them about the abuse can she tell them now? (Keeping in mind again that telling others is difficult and risky.)
- 12. Ask about any children involved. Are they being physically or sexually abused? If so we must report to the authorities.
- 13. Children who witness battering can be considered to be emotionally abused. Besides being traumatized, feeling insecure, and perhaps feeling guilty, children who witness violence in the home often grow up to learn that violence is an acceptable way to settle conflicts.
- 14. Battered women typically believe that he will change his behaviour. This is often because he continually promises to do so, especially after a violent incident when he is feeling guilty and remorseful. In part it is this hope that keeps the woman in the situation. They should be told that it is extremely rare for batterers to change without getting the right kind of help.
- 15. Battered women will often tell you about the positive qualities of their mate. Although this may be difficult for the counsellor to hear in light of the presenting problem, it is probably accurate. Batterers can be warm, loving, affectionate and generous people and it is this mixture of positive and negative, of Jeckyl and Hyde, which in part makes it difficult to leave. This creates extraordinarily ambivalent feelings for the woman which you also may feel when you hear the mixture of good and bad. Rather than discount the positives, accept them and realize the paralyzing effects these contradictions can have on her.
- 16. Inform the woman about ~~the Aimee Beaulieu Transition House 354-4357~~  
~~and the Crisis Line 352-3504~~  
and the Crisis Line 352-3504
- 17. Assess suicidal lethality carefully. Suicide may be considered a "way out".
- 18. Battered women are caught in a difficult situation. It's a complex bind that may be difficult for us to fully understand unless we've been there ourselves. Listen to what they fee

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SOME GUIDELINES FOR HANDLING CALLS FROM BATTERING MEN

When taking a call from a man who is battering a woman friend/wife, there are some things to watch for. A large part of the battering they do is emotional and psychological. They are expert manipulators and will attempt to manipulate you if they can. They usually present on the lines just after a violent episode and will often be crying, upset, and expressing guilt.

- Batterers will often express guilt, shame, and genuine remorse about what they have done. They will not, however, assume responsibility for what they have done. You are encouraged in the call to focus on his assuming responsibility for his violence. While it is appropriate and necessary that you give him credit for how he is feeling, it is important that you confront him on how he is excusing his behaviour.
- DO NOT assist batterers in making contact with the woman they have battered if there is a current separation. DO NOT make calls to Osborne House for him. DO NOT encourage him to send flowers or candy or to write letters or make calls to the woman. Point out to the man that it must be the woman's choice as to whether or not she makes contact with him and that what he is thinking of doing is just an extension of his ongoing coercive behaviour.
- If the man is currently separated from the woman, encourage that this remain the case at least until he seeks help for what he is doing. If they are not currently separated, encourage him to temporarily separate if it appears the woman is in danger.
- Introduce the term BATTERING to the caller and do not avoid directness.
- Batterers traditionally will minimize the extent of their violence. Ask specific questions about the most recent incident.
- Many batterers will attempt to place responsibility for what they are doing on alcohol or drugs stating that they were drunk or stoned and were not really themselves. Point out to the batterer that these drugs do not create violent feelings, but rather may be giving him permission to do what he wants to do whenever he is feeling angry.
- Batterers will talk about blacking out before violence, having a fit of rage, being out of control, being crazy. These are all easier ways for him to identify the violence than talking about his wanting to hit. Focus the call, again, on his responsibility.

- Batterers will usually place most of the responsibility for the violence on the woman stating that she 'nags' him or that she doesn't do the housework well, or that she won't do what he says. Ask the batterer if he feels like he has the right to batter under these circumstances.
- Encourage the batterer to seek help for himself through Klinik. Do not encourage him to seek marriage counselling for him and his wife. This violence problem is his and he needs help for it. Make it clear that Klinik counselling services will not work on keeping his marriage together but will focus on his problem.

Ron Schwartz, EVOLVE, 1989