

Dr. Jekyll and Mr Hyde

Many women are confused by their abuser's sudden changes in mood. They may think that the abuser has a mental problem because one minute they are being nice and the next they are exploding. Explosiveness and moodiness are part of a pattern of abuse and are typical of people who use violence against their partners.

Threats of Violence

This could include any threat of physical force meant to control their partner.

Breaking or striking objects

This behaviour is used as a punishment but is mostly used to terrorise the person into submission. The abuser may beat on a table with their fists, throw objects around or near their partner or punch holes in the walls.

Any force during an argument

This may involve holding a person down and physically restraining them from leaving the room. This may also include any pushing and shoving. This also includes any physical violence eg. Hitting, slapping, kicking

**Domestic Violence is about
POWER and CONTROL!!**

Help is available...

- 24 hours toll free Telephone Service;
ph. 1800 811 811 (24 hours 7 days)
- Women's Shelter: Sera's; for referral
ph. 4775 7555 (24 hours 7 days)
- North Queensland Domestic
Violence Resource Service
ph. 4721 2888
- Women's Centre; crisis support;
ph 4775 7555 (24 hours 7 days)
- Indigenous Family Violence Legal
Outreach Unit
Ph. 4724 3666

NQDVRS

Funded by the Department of
Communities

- **Information and referral**
- **Aardvarc program for children**
- **Community education & training**
- **Resources**
- **Court Support**
- **Perpetrator Education Program**

TOWNSVILLE OFFICE

PO Box 6061, Townsville QLD 4810

Phone: 07 4721 2888

Fax: 07 4721 1794

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MOUNT ISA OFFICE

Po Box 502, Mt Isa QLD 4825

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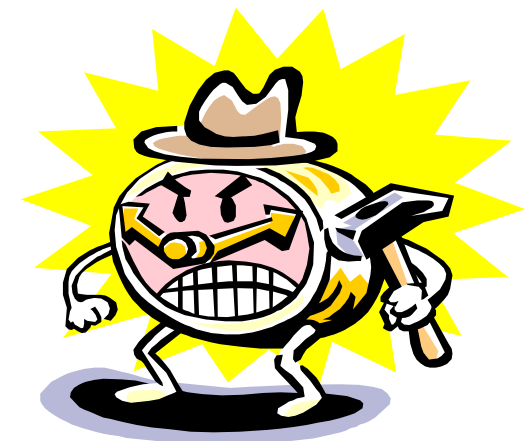
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Against Violence # 4

North Queensland
Domestic Violence
Resource Service

Warning signs of Violence



Warning Signs of Abusive Behaviour

Not all abusive relationships have physical violence as part of the abuse cycle. It is sometimes possible to predict the likelihood of the person you are currently or are about to become involved with being abusive. Below are a list of behaviors and traits, which are common in abusive personalities. These are commonly known as **Warning Signs**.

While not all abusive people show the same signs, if several behavioral traits are present, there is a strong tendency toward that person being violent. Generally, the more signs that are present, the greater the likelihood of violence.

Jealousy

At the beginning of a relationship, an abuser will often say that jealousy is a sign of love. Jealousy has nothing to do with love. It is a sign of possessiveness and lack of trust. They may question you about who you talk to, accuse you of flirting, or be jealous of time you spend with friends and family. They might call you frequently during the day or drop by unexpectedly.

Controlling Behaviour

They may become angry if you are late coming back from the shops or an

appointment, they may question you closely about where you went and who you talked to. Women have also reported being accused of sleeping with other men. As this behaviour progresses they may not let you make personal decisions eg. What to wear.

Blames others for problems

Someone is always doing them wrong or 'out to get' them. They may make mistakes and then blame you for them. They will tell you that it is all your fault for almost anything that goes wrong.

Blames others for feelings

They may say 'You make me angry'. They may blame you for the way that they feel. This is a form of manipulation.

Hypersensitivity

An abuser is easily insulted. They may claim that their feelings are 'hurt' when they are mad or they may take the slightest setbacks or comments as personal attacks.

Cruelty to animals or children

This is a person who punishes animals brutally or is insensitive to their pain or suffering. They may expect children to be capable of doing things beyond their ability. They may tease children or younger brothers or sisters until they cry.

They may not want children to eat at the table or expect to keep them in their room all evening when they are home.

“Playful” use of force of sex

This kind of person may like to throw the woman down and hold her down during sex. They may want to act out fantasies during sex where the woman is helpless. This may be a warning sign that the idea of rape is something exciting to them. They may show little concern about whether the woman wants to have sex and uses sulking or violence to manipulate her into compliance. They may start having sex with the woman while she is sleeping, or demand sex when she is ill or tired. Some women have also reported being forced to watch or view pornography.

Verbal Abuse

In addition to saying things that are meant to be cruel and hurtful this can be when the abuser degrades you, swearing or yelling at you, running down any of your accomplishments or attacking you.

Past Violence

This person may say they have hit women in the past, but they made them do it. You may hear from other people that this person is abusive. Violence usually escalates over a period of time.