



PATTERNS IN THE CYCLE OF DOMESTIC VIOLENCE AND ABUSE

PATTERN	By Parent (victim)	By Child (secondary victim)	By Parent (perpetrator)	In Community
Behavioral	Withdrawn, irritable, Loss of interest in normally enjoyable activities, may become unconsciously aggressive towards kids, while trying to be “strong”	Different for each child. Fearful, withdrawn, insecure, easily triggered to emotional breakdown or outburst into aggression	Never follows rules or protocol, poor manners, very upset if one disagrees with them. More aggressive, to maintain power, control and dominion over victims.	At school, kids act out and have breakdowns or behaviors. For every time the teacher has to interrupt the lesson to redirect a child, they take away from the rest of the class.
Emotional	Emotional roller coaster. Tries to reason with perpetrator. May fight back, forgives, reconcile, get them help or works on becoming good enough to change them, isolates from family & friends, calming, quiet & pleasing, lives with a guarded heart. Quietly struggles with sexual fulfillment.	Home feels unsafe, unable to securely bond or attach with one or both parents, Suppress the expression of their emotions, learns to internalize their emotions, Secretive to be loyal & hide the family problems. Guilt, self-blame. Learns about “love & sex” from peers & internet.	Guilt, shame, emptiness, blames others for failures, experiences self-rejection, promises to change, becomes charming, feels superior and entitled to being treated better than others, gets jealous, and devalues others, emotionally draining, explodes violently, cycle back. Uses any form of Sexual violence to express sexuality.	Dysfunctional community members. May participate or contribute to community development efforts, in attempts to show off or be seen for what they have acquired or their financial worth. Usually self-serving community members and may use their positions to promote selfish agendas, not the interest of the community at large.
Social	Feels strong need to selflessly give and be of service to others, to help them become better. Always looking out for everyone else except themselves. Very kind, humble, loyal and loving.	Few opportunities to engage in free non structured play, impacting their ability to relate with others, or build socially appropriate relationships	Fully aware of their insecurities and always want to mask and look good to their friends. Will manipulate the victim to make them look good, loved and accepted in social settings.	Poor social skills in community. Kids become either neighborhood bullies or targets of bullies. Community feels unsafe for kids to play or interact safely. Delinquent behavior prevalent.
Coping Strategies	Prays for change and miraculous intervention. Emotional support from well-meaning family members and friends who encourage victim to be strong for the sake of the kids because they too went through these difficulties and never gave up.	Turn to the internet, TV and video games to entertain themselves and learn about life. There is more violence, on the news, games, and internet. That’s the mental programming our kids are exposed to.	Very resilient to difficulties as they dissociate with the negative outcome of their actions. May use alcohol or substance abuse to escape their disappointments, or constantly seeking opportunities to go hang out with people who make them feel good about themselves.	Multigenerational transmission of domestic violence and abuse. Children witnessing or experiencing violence at home think it is a way of resolving conflict. They don’t know anything else. They are watching and learning from their parents

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Influencing Factors	On Parent (victim)	On Child	On Parent (perpetrator)	On Community
Productivity	Misses work days or unable to focus on work, leading to lower productivity on job performance resulting to decreased output and profitability of the employer. May not be allowed to work out of the home, or partner closely monitors work hours as part of control.	Poor participation in school, disruption at home reduces chances that home work will be done, leading to poor academic performance and lower educational outcomes. Highly likely to drop out of school early.	Negative mindset employees or controlling bosses at work. It always has to be their way; they can do it better and believe the rest of the team cannot succeed without them. Very sensitive to criticism, want credit for the success of the team, and master blame the game if failure arises.	Lack of enthusiasm among community members due to the presence of the negative emotions aroused by surrounding circumstances. General sense of low motivation to engage one another in team spirit or sense of belonging to a connected community. People want to stay safe in their corners, do just enough to get by.
Economic	Missed work results in lower earnings, lower spending. Money earned is controlled by partner, living in scarcity, unable to carry out personal projects due to strict financial control by partner.	Due to lower education profile, more likely to not qualify for high paying jobs, resulting to living in economic scarcity.	Maintains control over house hold finances to feed their habits of deception to please people by portraying a fake lavish lifestyle they really cannot afford or to pay for the supply of alcohol or other substances.	Lower savings and investments made by these community members, resulting in shrinking the state's tax base and negatively impacting economic growth and reduce standards of living for the general community.
Health & Quality of Life	Many have died in domestic violence, many have unintentionally killed their abuser in self-defense, and are in jail for that, survivors have physical injuries, mental health challenges and emotional traumas they live with, struggling with suicidal thoughts and attempts setting them up for long term pain and suffering	Actively acquiring negative childhood experiences which result in overall sadness and dissatisfaction with their childhood, highly associated with the long term toll it takes such as mental health, other personality disorders, and failure to live up to their full potentials in life. Without intervention, the adult version of this child may become just like their parent.	Living with mindset deeply rooted in not feeling good enough, low self-esteem, worthless and a bad and inferior person due to their own emotional baggage from their childhood. May become hateful of what they wish they had or see themselves as the only thing that is right with this world and cannot understand why everyone does not adore them.	Cost of healthcare services and housing used by victims and children of victims is money that could be invested in training better teachers, investing in our schools for better quality education so we can emerge as collaborative leaders in all areas in our lives. Not only is this holding back individuals, families, it is holding us back collectively as communities. We can live happier, more fulfilling lives when we uplift each other and inspire each other to become better.

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