

50
Pages

WORKBOOK FOR IPV

50+ Domestic Violence WORKSHEETS

CYCLE OF ABUSE

1. Tension Building
The abuser begins to act out, often with small incidents of verbal abuse, criticism, and blame. The victim feels increasingly nervous and on edge.

2. Escalation
The abuser's behavior becomes more aggressive and unpredictable. The victim feels increasingly fearful and isolated.

3. Incident
The abuser acts out with physical violence, sexual assault, or other forms of abuse. The victim is often injured and traumatized.

4. Honeymoon
The abuser apologizes, promises to change, and shows affection. The victim feels loved and safe, but the cycle of abuse is likely to repeat.

EARLY

Being a domestic violence survivor means living in a household where there is fear, anger, and a constant sense of being on edge. The abuser's behavior is unpredictable and often escalates over time. This can lead to physical violence, sexual assault, and other forms of abuse. The victim often feels isolated and fearful, and may have difficulty trusting others.

NARCISSISM: HOOVERING

01 Love-bombing
Showing the person with affection, promises, or attention to rebuild the relationship.

02 Guilt Tripping
Creating a sense of responsibility or guilt to manipulate the person into returning.

03 False Promises
Saying they've changed or will manage their behavior if given another chance.

Results of self-harm or extreme neediness
Trying to create an emotional urgency to make the other person feel needed.

POWER AND CONTROL

Power & Control Wheel

RELATIONSHIP RED FLAGS

Relationships where one partner is angry or violent toward the other are dangerous. This can lead to physical violence, sexual assault, and other forms of abuse. The victim often feels isolated and fearful, and may have difficulty trusting others.

RELATIONSHIP RED FLAGS

- Frequent yelling, name-calling, or belittling comments.
- Controlling who you talk to or spend time with (including family and friends).
- Constant jealousy or accusations of cheating.
- Tracking your movements or checking your phone without permission.
- Preventing you from making decisions (financial, social, etc.).
- Threats of violence or harm, either to you, your loved ones, or pets.
- Physical violence such as hitting, slapping, choking, or grabbing.
- Isolating you from friends, family or activities you enjoy.
- Blaming you for their anger or actions ("You made me do this!").

Domestic Violence Workbooks

Hallie R. Harper, Jeffery L. Walker



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Table of Contents Domestic Violence Workbooks

1. Understanding the eBook Domestic Violence Workbooks
 - The Rise of Digital Reading Domestic Violence Workbooks
 - Advantages of eBooks Over Traditional Books
2. Identifying Domestic Violence Workbooks
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Domestic Violence Workbooks
 - User-Friendly Interface
4. Exploring eBook Recommendations from Domestic Violence Workbooks

- Personalized Recommendations
 - Domestic Violence Workbooks User Reviews and Ratings
 - Domestic Violence Workbooks and Bestseller Lists
5. Accessing Domestic Violence Workbooks Free and Paid eBooks
 - Domestic Violence Workbooks Public Domain eBooks
 - Domestic Violence Workbooks eBook Subscription Services
 - Domestic Violence Workbooks Budget-Friendly Options
 6. Navigating Domestic Violence Workbooks eBook Formats
 - ePub, PDF, MOBI, and More
 - Domestic Violence Workbooks Compatibility with Devices
 - Domestic Violence Workbooks Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Domestic Violence Workbooks
 - Highlighting and Note-Taking Domestic Violence Workbooks
 - Interactive Elements Domestic Violence Workbooks
 8. Staying Engaged with Domestic Violence Workbooks
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Domestic Violence Workbooks
 9. Balancing eBooks and Physical Books Domestic Violence Workbooks
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Domestic Violence Workbooks
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Domestic Violence Workbooks
 - Setting Reading Goals Domestic Violence Workbooks
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Domestic Violence Workbooks

- Fact-Checking eBook Content of Domestic Violence Workbooks
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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