

The background image shows a man in a dark suit and light blue shirt, seen from the side, shouting with his mouth open and hands raised in a confrontational manner. In the background, a woman with blonde hair, wearing a black dress, is looking towards the camera with a concerned expression, her hands raised in a defensive or pleading gesture. The scene is set indoors with warm lighting.

## Identifying Abuse

*"How to Identify Domestic Abuse  
Before It Spirals Out of Control"*

by Dr. Jeanne King, Ph.D.

# DOMESTIC ABUSE DYNAMICS

VOL. I

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While the content of this ebook came to Dr. Jeanne King, its inspiration was often the questions asked by our website visitors and email subscribers. It is both our honor and pleasure to bring you educational information to help you prevent and stop domestic abuse.

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# Dedication

This ebook is dedicated to the hundreds of  
thousands of women and men who long to know,  
***Am I in a dangerously abusive relationship?***

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## 1

# What is the Difference between Being Abusive and Being an Abuser?

**W**hat is the difference between “being abusive” and “being an abuser?”

I hear this question by people trying to determine if they are entangled in intimate partner violence, even when they don't know this term. What they want to know is: ***Am I in a dangerously abusive relationship?***

I think being abusive is a rather general way of describing behavior that violates you as a person; your rights, your space, your choices, yourself. It can come out of frustration, stress, lowered inhibitions, insecurity, fear, vulnerability, or any combination of the above.

## What is an Abuser?

Being an abuser, on the other hand in the classical sense, refers to a person that fulfills a specific criteria. And when engaged in an intimate relationship with this person, a specific criteria of defining characteristics exist which are **“intimate partner violence.”**

The criteria for intimate partner violence consists of: possessiveness, controlling behavior, lack of empathy, externalization of blame, isolation of victimized partner, and the use of battering to create and

1 out of every 3 women will be assaulted by an intimate partner during her lifetime.

60 to 70% of men who abuse their female partners also batter their children.

maintain a relationship of unequal power.

## How to know if Intimate Partner Violence is, or is not, in your relationship?

Many people know this cluster of symptoms, but fail to recognize how they actually manifest in their lives. I have found in working with people over the years that when I bring attention to the subtle relationship interaction patterns in their daily lives, the light goes off for them in a way far more compelling than their simply trying to match the primary characteristics defining intimate partner violence to their relationship.

Further and equally valuable is the fact that people can discover if their relationship fulfills the criteria for intimate partner violence and if it does not. Often people will say they are dealing with an abuser, when the fact is their partner is abusive at times but doesn't actually fulfill the criteria for an intimate partner abuser.

## The value of knowing your truth about Intimate Partner Abuse

Knowing this distinction can set you on a more productive road to remedying your relationship conflict. Without this understanding, you could be pursuing interventions inappropriate to your circumstances and even worse potentially hazardous to your safety.

If you are asking the question, "Am I in a dangerously abusive relationship?" then you deserve to have the answer...if not for yourself, for the children that may be a twinkle in your eye today.



## 2

## Psychological Emotional Abuse: It's Not About You

**S**ome emotional abuse is so subtle; it blindsides you before you have identified it. And you remain overlooked, devalued and confused. Sound familiar?

I often hear women say, "I can't understand why he won't let me out of his sight; let's face it, the guy can't find anything good about me." "So why must he have me around, if he hates me?" they wonder.

He doesn't REALLY hate you; rather he hates himself in the moment he's devaluing you. But it doesn't look that way from the outside looking in.

### Emotionally responsible versus abusive

An emotionally responsible person might share their sense of vulnerability in the moment or not. Whereas, an emotionally abusive partner will rush to find your shortcomings, and then carrots his affections ostensibly in the face of your flaws.

What does this do and how does this benefit the battering partner? It keeps him in control, no matter what he feels about himself or how he feels about you.

His emotional abuse toward you is not about you. However, it doesn't always look that way when you are on the receiving end of emotional verbal abuse.

Emotional abuse, even in its most subtle form, is part of what an abusive partner does to establish and maintain control in the relationship. And the possessive behavior is yet another aspect of the same dynamic characteristic of intimate partner abuse.

## What shall you do in the face of these signs of emotional abuse?

Maintain your perspective and realize **it's not about you**. With this, you remain in a position to see things as they are while not losing sight of who you are. Often when we are on the receiving end of emotional verbal abuse, we are blindsided by the subtle control maneuvers in play and instead assume our partner's projected emotional state.

And the longer we do this, the sooner we find ourselves trying to regulate the emotional abuse as though it is our responsibility. It's not.

If you find yourself in the cycle of emotional abuse, seek to see the larger picture of your relationship and understand the dynamics in play. With this understanding, you will be in a better position to break the cycle of abuse.

## 3

## Emotional and Verbal Abuse Can Help You See the Light

**E** motional and verbal abuse are important symptoms, and part of the syndrome of intimate partner violence. They are friends; not enemies.

They are not information/experiences to get upset at, but rather let them grab your attention and seek to understand more.

I liken it to frequent awakening in the middle of the night, or to the chills or constipation. You've probably had that.

A sleepless night may be a signal for you to ask yourself, "Have I been balancing my rest and activity properly?" Chills could be a sign that your body is trying to rally-up the resources to fight a little viral intruder. And constipation may be telling you that you don't have enough fiber in your diet. You may require more vegetables and fruit.

If you only focused on the discomfort of any one of these symptoms (sleeplessness, chills, constipation), you may overlook its root cause. And if you only treat the symptoms, you may get blind-sighted by the broader, bigger picture down the road.

## The same is true for emotional & verbal abuse

If you only focus on the psychological, mental, emotional, verbal assault, you may very well miss the more important larger perspective...that being the underlying constellation of intimate partner violence, partner domestic abuse. Far too often we see couples dwelling on each and every little hurtful tit for tat, while keeping the huge elephant under the living room carpet.

Seek to discover the bigger picture—the underlying domestic abuse dynamics—in the face of emotional and verbal abuse. It could save you your life, your children, your home, your health, your savings...



## 4

## Spousal Abuse or Substance Abuse: How Do You Know?

**P**eople often say my partner is abusive when he/she drinks. And from here, they deduce that they are dealing with partner or spousal abuse. However, that may or may not necessarily be so.

How do you distinguish between abuse associated with alcohol and/or drug abuse from abuse associated with "intimate partner violence" (also known as partner / spousal abuse, domestic abuse, domestic violence), as it's defined in the professional literature? Here's how.

### Key Distinction:

Violence is actually the by-product of domestic abuse. On the other hand, violence that is a by-product of alcohol and/or drug abuse typically falls in one of two categories:

- a) reckless conduct and loss of inhibitions, or
- b) drug-seeking behavior.

With respect to violence that is a manifestation/by-product of control: the alcoholic and the drug addict may use violence to control his/her access to their substance. Whereas, the partner or spousal abuser uses violence to control his/her victim.

It is common knowledge that substance abuse is an addiction to one's substance of choice, however **domestic abuse is more of a psychosocial addiction to control**. Knowing this distinction makes it possible to select the appropriate intervention for one's condition or situation. You wouldn't want treatment for one condition if you indeed suffered from another condition, would you?

Yet more often than not, couples in abusive relationships quickly cling to one type of intervention without recognizing the importance of this differential diagnosis. Even if the couple is experiencing both domestic violence and substance abuse, each of these conditions must be treated for what it is, not for what it may look like at first glance.

I have seen numerous cases in which a substance abuse treatment protocol has been used for couples suffering from partner or spousal abuse solely, or in combination with substance abuse. Unfortunately, the **net result can increase the risk factors for the battered partner**.

If you are in an abusive relationship, seek to clarify for yourself if what you're dealing with is intimate partner violence and/or substance abuse before you begin a regimen of intervention. Doing so could save your life!

## 5

# Subtle Communication Patterns of Abusive Relationships

**W**hat kind of domestic abuse assessment screen helps someone who is abused to see the light?

In providing assessments for thousands of people, I'm convinced a tool that reveals the subtle communication patterns of abusive relationships helps someone being abused to awaken to their circumstances. Further, identifying these subtle, and **often unconscious**, interaction patterns helps the abused partner recognize what keeps the abuse dynamic going and, from here, what stops it.

Many people say they know they are in an abusive relationship, but don't understand what maintains it. If that has been your experience, look at the subtle communication patterns of abusive relationships and you will gain insight into the mechanism that sustains this dynamic. Seeing this will give you what you need to stop the cycle and will insure that you not engage in another abusive relationship.

## A Closer Look at the Subtle

For example, look at the interaction pattern and internal dialogue surrounding the subtle communication pattern of "**when 'no' means maybe.**" When you feel your answers, from the core of your being, to domestic abuse screening questions addressing this communication pattern, you see subtleties of the abuse dynamic unfold.

It's both subtle and significant. If s/he hears your "no" as a "maybe" and as a challenge to convert into a "yes," you can see a lack of honoring your preferences and an obsessive compulsion to control the outcome of the exchange.

Further, if you're aware that your "no" sounds like "maybe," then you can become cognizant of your hesitation in not fulfilling his/her request. As you look closer at that, you can feel the basis for this hesitation. You will see and feel internal dialogue that supports the domestic abuse dynamic.

## Your Personal Inquiry

Now we could go on from here; however if you're thinking of taking such a test, it would be best for your discovery to come from within. That will be more meaningful and more likely to move you forward, as you will resonate with it from **your own personal experience**.

Without that inward inquiry, the description may sound vague and without substance. Trust me, it's not. **Domestic abuse** is quite real and **is easiest to acknowledge, and to abort, in its most subtle manifestations**. Recognize the subtle communication patterns of abusive relationships and learn to abort them before they spiral out of control.





## Abusive Partner and the Gender Factor

**C**ommon thinking is that domestic violence is a “women’s issue.” While it is true there are more reported abuse cases involving women, it is a fact that men are abused by their domestic partners as well.

My belief is that there is indeed a gender factor when we think of abuse in the “general sense.” By general I mean all forms and manifestations of abuse: reckless conduct, competitive violent aggression, abuse associated with lowered inhibitions, excessive stress reactivity, underdeveloped interpersonal communication skills, and the abusive conduct that can be a byproduct of drug-seeking behavior and the like.

However, I do not believe there is as much a gender factor when it comes to the abuse characteristic of “intimate partner violence,” (domestic abuse, spousal abuse, domestic violence) as it's defined. With respect to this syndrome, there is more of a “human factor” underlying its dynamics.

### The Real Factor

It is a human factor that is fundamentally **about control**. Violence may be a manifestation of domestic abuse, but domestic abuse is really about control. And I don't think it matters whether the controlling party is wearing pants or a skirt, whether he/she contributes as breadwinner or as housekeeper, or whether this person deposits the checks or cashes them.

Domestic violence is not bound by traditional male female

stereotypes; rather it is a human obsessive compulsion for control. One might even say it's a psychosocial addiction to control.

## Domestic Abuse Incidence to Men

In my consulting and psychotherapy practice, as well as in my life, I see almost as many men who are victimized/battered by their female intimate partners as women. (Studies show that nearly 40% of domestic violence victims each year are men.) The only difference I see between the abused man and the abused woman is the social politics surrounding their issues.

Seeing domestic violence beyond gender helps us identify the essence of battering behavior, that is the larger context from which it unfolds. From here, we are in a better position to act in our best interest.



## When is Jealousy an Indication of an Abusive Relationship?

**J**ealousy is a “hot-button” for many in abusive and in non-abusive relationships. It can be misinterpreted as a sign of caring for someone so much that the jealous partner reaches “tilt” should they sense the possibility of losing one’s affections.

However, never let this fool you. As it has nothing to do with your value or your partner’s valuing of you. To the contrary.

If the jealousy presents as a possessiveness of your time, attention, energy...then you are more likely looking at a jealousy of a different bread. This type of possessive jealousy is more about not having the capacity to share center stage with anything else when it comes to you being the audience.

In other words, a person evidencing this type of jealousy will have absolutely no tolerance for competing with anything or anyone over your attention, your time, your energy. And further, the jealous partner will, at all cost, attempt to eliminate the competition either directly or indirectly by assaulting your personal affections or ties to that which poses a threat.

The long and the short here is that this type of possessive jealousy has more to do with the jealous person. This person is actually demonstrating his/her lack of confidence in themselves and in their ability to be valued by you.

If you see this possessive jealousy in combination with the balance of the characteristics that make up the constellation of symptoms defining intimate partner violence, use it as a **warning sign**. You may indeed be in a very **dangerous relationship**.



## 8

## Why Does She Let Him Talk to Her Like That?

**W**hat's wrong with her for "letting" him talk to her like that? This is the first thought of an outsider looking in on an abusive encounter of an abusive relationship.

Dr. Phil was interviewing a couple obviously in an abusive relationship. He asked the woman how she felt about her husband saying that he was only staying in the marriage so he wouldn't have to give her child support. When asked how she felt about that, she replied, "I didn't know that."

So again Dr. Phil asked, by saying now that you do know, how do you feel about that? As he is asking the camera captures a blank look on the woman's face and audience shots of folks in shock. If words could speak their expression, I'd guess it to be: *how can she let him talk to her like this and have no response?*

I would venture to say that this woman has become anesthetized to demeaning commentary—void of honoring, dignity and respect—from her partner. Just like the way we acclimate to the onset of winter. You don't go from 100 degrees to single digits.

No, gradually you are exposed to one assault and by the time you have reconciled it in the context of your relationship, another one is delivered. Eventually, over the years, it becomes the wallpaper of your relationship wherein you expect your partner to think, feel and act in a rude, condescending, overly critical, unappreciative way.

It is introduced gradually over time. I doubt this woman met her husband and he proposed to her by saying, *I want to marry you and stay with you so I won't have to pay child support.* Get the picture?

The real question here is, what is wrong with him that he is behaving as such? Moreover, the challenge for intervention is how can both of these people individually awaken to their toxic relationship and the way in which each supports the status-quo both consciously and unconsciously.

If you recognize yourself in this little vignette, look to the subtle communication patterns of abusive relationships. It will help you shine the light on the mechanics that sustain its ugliness. And from here, you can know how to change the status-quo and break the cycle of [verbal emotional abuse](#).

## 9

## 3 Keys to Surviving the Conditioning in an Abusive Relationship

**U**nderstanding the conditioning that occurs in abusive relationships is key to one's survival in, and after, the relationship.

Here are three keys to help you see the role and effects of conditioning in abusive relationships.

### 1) You did not make him/her do it or say it.

You probably know this from the core of your being, but may have trouble believing it with your thinking brain, due to the ongoing conditioning that happens in abusive relationships. With most things in the relationship—when the finger is pointed— it usually lands on the person with the less power.

And when that person owns the fault for whatever transgression is up for consideration, then rewards are bestowed upon them. This is where and how the conditioning occurs. Be mindful of it. And always know **you can only be responsible for your own thoughts, feelings and actions; never for someone else's thoughts, feelings or actions.**

## 2) You don't deserve to be punished or put in "your" place.

This is another way in which conditioning is accepted as the behavioral norm. While it is true that on some level conditioning occurs in all relationships, "negative reinforcement" conditioning is another story. That's what we do with criminals when we jail them. They are negatively punished for doing something not acceptable to society at large, or shall I say by the standards of law.

I see so many individuals who truly feel they are in the "dog house" when they have disobeyed the wants and wishes of their abusive partner. You can almost feel their tail between their legs when they talk about it. Pull yourself out of the doghouse. You don't deserve to be there.

## 3) You deserve to receive all that he/she demands you give to them.

It might not feel like such when you are enmeshed in an abusive relationship, but it is a fact that your "deserving-less-ness" is all made up. He/she made it up and so did you.

And as with the other standards and beliefs among couples in abusive relationships, your deserving-less-ness is nothing more than another "rule" driven home through conditioning. However, it is a more serious culprit because of its kinship to the power/control entitlement issues central to domestic abuse.

This may be obvious with your appreciation of the "power and control" issues inherent in abusive relationships. But even people who claim to understand this show signs of struggling with their deservingness, their worthiness.



I find that when people pull themselves out of the doghouse, discovering their worthiness follows. **Knowing your worthiness and the boundaries of your responsibility to, and for, yourself** are **important keys to survival** in an abusive relationship.



## 10

## Conditioning that Kills from the Inside Out in Abusive Relationships

**W**e know the drama of domestic abuse from the outside looking in, as it is popularized by the media and by entertainment mediums. But the silent insidious inner deaths that take place are more pervasive and, in some cases, more debilitating for the domestic abuse survivor.

### What are the inner deaths of domestic violence?

- 1 You are not the source of your peace.** Your well-being does not and cannot come from within; rather it is a function of your interpersonal cooperation with your abusive partner.
- 2 Your instincts, your inner knowing, your inner voice lies,** cannot be relied upon and must take second to information provided by others...by others vested with control.
- 3 Your dreams, hopes and aspirations are games** you play with yourself; thus, you must not invest your resources in these inconsequential past times.

4 **Enjoyment and pleasures** you derive in your life are made possible by opportunities and experiences given to you by your controlling partner. The long and the short of this is: you do not have the keys to create your own.

If you encounter any, or all, of these four deaths within yourself while in your relationship, seek to look at the larger dynamics of the relationship. Such deaths are fundamentally you enlisting in your own ultimate psychological demise.

Seek to understand the dynamics of abusive relationships and the subtle communication patterns of couples entangled in domestic abuse. Doing so could help you prevent any or all of the four inner deaths domestic abuse survivors frequently know.

## 11

## Domestic Abuse and Self-Esteem: Conditioned Disassociation in Abusive Relationships

**A**bused intimate partners do come in all shapes and sizes, and most definitely there are some themes characterizing them.

Some people will tell you low self-esteem is one of these characteristics. But what came first: **the chicken or the egg?**

I would venture to say it could go either way. I see an inordinate number of highly functioning, high-end professionals, well educated and with a six-figure income who are abused by their intimate partners.

What I notice is these women and men evidence “**conditioned disassociation.**” This conditioning is how he/she grows to disregard him/herself.

Over time, the abused partner grows to see him/herself as they are told they are seen by their intimate partners. And much approval is received for this “**internalized personal perception.**”

But when apart from the abusive partner, these individuals may drop the internalized personal perception and become who they really are. They are authentic, they are vital, they are themselves at least until

they return to their abusive partners.

*So what came first the chicken or the egg?* Looking closer, as we have, opens the door for significant insight on how to shed the internalized personal perception of the abusive partner. Doing so gives new life to those once abused.

If you find yourself becoming what your former partner expected, and in many cases desired, recognize the operative conditioning in play. I've heard people say they became depressed following an encounter with an abuser they recently left.

It's noted that the depressed feeling is the "face" put on in the presence of that person **as though reflexively** becoming as expected by the former partner. And with that down-depressed radiance set in the genuine feeling of the blues.

Reach back for yourself above and beyond the expectation and desire of the abusive ex-partner. You'll be pleasantly surprised and happy you did.



# How to Recognize and Cope with the Isolation in an Abusive Relationship

**I** Isolation is one of the mechanisms used to create and maintain domination of one person over another.

## Evolution of isolation in abusive relationships

It often evolves so gradually that you don't realize it's happening until you wake-up one day and notice you have no friends and your contact with your own family has vanished.

Now the funny thing is that as your icy isolation is being groomed, you're conditioned to believe that it is **"good for you."** (There's that conditioning, again.)

You're told things like:

- this person is not worthy of your company,
- that person is undesirable to your partner,
- another poses a threat to your relationship.

There are as many reasons for you not to have people in your life,

other than your partner, as there were people in your life before the abusive relationship.

And when you internalize your partner's perception of his/her preferences with respect to the people being walled out of your life, you are rewarded. Sometimes this reward may be in the form of a positive gesture by your partner. Or, it may present as the absence of a previously negative spill of verbal emotional abuse when you failed to comply with the walling off of this particular person.

## How this isolation serves your partner

There are several ways in which your isolation serves your partner and helps maintain the abuse in your relationship.

- 1 Your isolation creates a relationship **climate of dependence**, as there are no other adults in your personal orbit other than your partner.
- 2 Your isolation creates an **exterior shield of silence** regarding the abuse in your home.
- 3 Your isolation serves to **silence you from yourself** with respect to your abusive relationship.

## What you can do to overcome icy isolation of an abusive relationship

If you are in an abusive relationship, the "other" people falling out of your personal orbit may very well be your first tip-off that something is not right at home. When you notice yourself participating in the narrowing of your personal social circle, take a hard and honest look at all of the defining characteristics of abusive relationships.

If your relationship has progressed and you see yourself in many

ways “stuck” or merely trying to work things out with your partner, make a personal commitment to yourself to **keep at least one channel of contact with someone near and dear open always**, even if you have to do so secretly. This person could be your lifeline in a time of need.





## Emotional Verbal Abuse: Signs that Serve to Save Survivors

**W**omen say, I was glad when he hit me, because I finally realized what was on my plate. I finally got it. **This is abuse!**

Do you need the altercations in your home to become physical before you can see them for what they are? If so, you could be making your remedy more difficult, more debilitating, than you may imagine.

Each time a verbal assault occurs, is neutralized, rationalized, forgiven, swept under the carpet, the elephant that forms under the carpet gets larger and larger and larger...until the day comes when it's so large we trip over it.

### Allowance for verbal and emotional abuse

The verbal attacks and emotional blows are simply another medium of battering. And some people will tell you that the scars of these wounds can be as destructive, if not more, than those of physical abuse.

When on the receiving end of verbal and emotional abuse from someone you love, it is easier to create “permissions” by our own internal denial mechanisms, even though we may know the verbal and emotional abuse are “wrong.”

The psychology here is that the two contradictory behaviors—emotional verbal attack and **multiple** expressions of promise, caring and perceived love—are cancelled out by the person on the receiving end, all with the hopes of starting anew. Yet, when physical abuse creeps into the picture, a whole new level of rationalization must take place for the couple to move forward in the abusive relationship.

## Emotional and verbal abuse maintain the threat of physical abuse

Once they do move forward in the relationship, the emotional verbal abuse can be used to sustain the abuse dynamic. How and why? Because, the use of the verbal assault serves to remind the victim that the **big blow is right around the corner**.

This knowing invariably complicates the survivor’s dealing with the abusive relationship. What happens is it keeps her in the corner for longer periods of time.

If verbal abuse or emotional abuse knocks on the door of your relationship, see it for what it is before it spirals into physical abuse. The sooner you do, the easier it will be for you to remedy the conflict you live in your home.

If you are wondering if the emotional verbal abuse you encounter is indicative of intimate partner violence, visit <http://www.PreventAbusiveRelationships.com>

## The Power of a Diagnosis in Understanding and Ending Domestic Abuse

**T**he value of the diagnostic label has more to do with the way it impacts the person with the condition than anything else.

Can you remember a time in your life when you had a medical condition and you received a diagnosis that immediately lifted the weight off your shoulders and sent you to remedy your condition. My sense is “propelling one into remedy” can happen no matter what the diagnosis. This is what I call the power of the label.

Before we give a specific condition a name, it is a vague cluster of symptoms that may or may not seem related. In the medical world, one may either self-diagnose or seek professional care to receive or substantiate a diagnosis, and from here obtain a definitive treatment plan.

### The confusion in self-diagnosis when psychological denial is involved

When it comes to psychosocial conditions, diagnosis becomes even more clarifying and ultimately remedy starting, especially for conditions in which the defensive mechanism of denial plays such a

large part. Here's why.

The mechanism that supports the condition is not part of the determination of the condition. Consequently, the process of identification is not as likely to be sabotaged.

For example, as a domestic abuse survivor, we all know the power of **rationalization**. So let's say we are looking at a laundry list of symptoms characterizing intimate partner violence. What happens?

We may say, oh yeah this is going on in my relationship and mentally check that item. Then go to the next and again see the second item alive in our relationship. And as each item looks familiar, a little light starts to go off saying *I'm in an abusive relationship!*

But quickly to the rescue is our psyche defense ready to serve and protect our ego. And it says, *well he called me a "whore" because he was jealous of my receiving attention at the party last night.*

And compounding his jealousy, making it express itself in this way, was his inward vulnerability in the moment...as I know he has been hurting over losing his job. (Look at the exquisite analysis, rationalization and justification in play here.)

## The value in diagnosing psychosocial conditions objectively

This is a common response to filling out a checklist or reading a laundry list of domestic abuse symptoms. Our defensive mechanisms that serve to protect us and our loved ones will, more often than not, keep us blind and confused. And of course with this, leaving us without direction for a remedy nor motivation to repair our circumstances.

I can't stress enough the importance of putting the natural self-serving defenses to rest when you are seeking to know if you're in an abusive relationship. Getting a definitive, objective diagnosis can put you in the **"stop-guessing"** mode and into the **"start-treating"** mode in moments.



## The 5 Benefits of Learning to Identify Intimate Partner Abuse

**I**f you have read my writing before, you may know me as someone who encourages people to recognize intimate partner violence. But, I wonder if you know why I'm so steadfast about this?

“Learn to meditate” is like “learn to mate”

I'm reminded of the days when I mostly taught biofeedback and meditation to individuals in my psychotherapy practice. It seemed like no matter who walked through that door, whether they had high blood pressure, irritable bowel syndrome, fibromyalgia, migraines, insomnia, anxiety, panic attacks or depression, I always opened the door for a discussion that ultimately led to three little words: **Learn to Meditate!**

People came into my practice wanting symptom reduction and walked out of my practice with life-enhancement on top of symptom reduction. I'm telling you this little story because it's the same with my pervasive message of: Learn to Identify **Intimate Partner Violence**.

## The benefits of learning to identify Intimate Partner Abuse

Let me elaborate. You see, it's not only that you will be better able to recognize a bully or identify your circumstances as fulfilling the criteria of intimate partner violence or not. Oh no, it's much more than that.

When you learn to identify intimate partner violence, here's what else happens over time.

- You know how to **prevent** an abusive relationship from developing
- You know how to **arrest** an abusive relationship in the moment
- You know how to **avoid** abusive relationships before they begin
- You bring into focus the **flip-side of partner abuse**,
- ...and from here you can **clearly pursue it**.

Ultimately for most people that's exactly what they want...a loving intimate relationship characterized by **mutual honor, respect and support**.

If you have the occasion to understand this dynamic and plan to have an intimate relationship, you owe it to yourself to understand the silent insidious syndrome of intimate partner abuse before it sneaks up out of nowhere and catches you by surprise.

If you don't know how to identify an abusive relationship, I invite you to visit <http://www.PreventAbusiveRelationships.com> for your immediate, private and completely anonymous assessment.

## About the Author



**D**r. Jeanne King helps people recognize, end and heal from domestic abuse. She is a 30-year seasoned psychologist, published author and leading expert in identifying the subtle communication patterns of battering relationships.

Dr. King serves as a consulting expert in criminal and civil cases of family violence, and offers keynotes and training for government and healthcare organizations nationwide. She has been featured in dozens of newspapers and appeared on numerous radio and TV talk shows across the country. Her work is known as the bridge between psychology, healthcare and domestic abuse advocacy.

Dr. King received the **Heart of Gold Award 2006** for outstanding humanitarian contribution by Harv Eker Peak Potentials Training in recognition for her work in domestic abuse education with healthcare professionals.

Her groundbreaking book [\*All But My Soul: Abuse Beyond Control\*](#) has been used as a college textbook in criminal justice and has helped thousands of people break the cycle of abuse and reclaim a life of peace, dignity and respect.

Dr. King developed the [Intimate Partner Abuse Screen®](#), which is an assessment tool that makes detection of intimate partner violence more expedient and accurate in both professional and personal use. It is the first tool to clearly bring to light the subtle communication patterns of intimate partner violence.

Dr. King earned her doctorate degree in Psychology from Northwestern University. She was founding director of the Chicago Center for the Treatment of Pain and Stress, and past president of the Illinois Biofeedback Society. Before shifting her focus to helping abuse survivors and their advocates, she pioneered the [Biofeedback and Stress Reduction Program®](#), conducted in hospitals with thousands of patients for the treatment of pain, stress and illness.

Her shift in professional focus from bio-behavioral medicine to domestic abuse advocacy was precipitated by her own personal encounter with family violence and the legal abuse syndrome. Instead of letting the tragedy of her own losses define her, she chose to turn the crash into a crusade and inspire her to help others.

That inspiration ignited the vision for [Partners in Prevention](#): to bridge healthcare delivery and domestic abuse victim advocacy.

If you want help in shining the light on domestic abuse for your patients, visit [healthcare provider domestic abuse assessment](#).

If you want help with domestic abuse at home or in court, feel free to contact us for personal assistance by visiting:  
<http://www.enddomesticabuse.org/consulting.html#apt>

To contact Dr. Jeanne King, email [drking@enddomesticabuse.org](mailto:drking@enddomesticabuse.org)

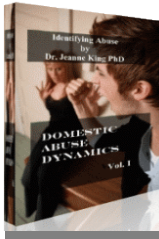


[www.PreventAbusiveRelationships.com](http://www.PreventAbusiveRelationships.com)

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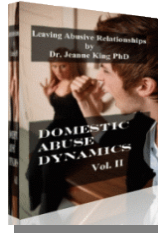
## eBook Selections by Dr. Jeanne King, Ph.D.



### Domestic Abuse Dynamics Volume I

"Identifying an Abusive Relationship?"

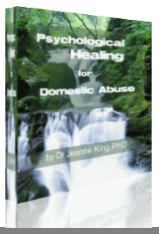
**End your confusion** about domestic abuse. This eBook shows you the social and psychological dynamics of domestic abuse. Learn **how to identify abusive relationships** and on understand the dynamics that bind these relationships.



### Domestic Abuse Dynamics Volume II

"Breaking the Cycle of Abuse"

What is the **psychology of breaking the cycle of abuse?** This ebook reveals the personal and interpersonal issues that keep domestic abuse going and what breaks the cycle of abuse. It gives you the inner wisdom to accomplish the goal of **safely ending domestic abuse.**



### Psychological Healing for Domestic Abuse

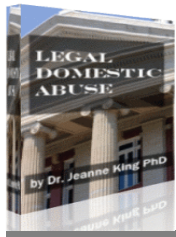
**Weathering an abusive relationship** can be psychologically debilitating. Healing the inner wounds, lingering scars and habits

of victimization and conditioning in an abusive relationship is the theme of this healing gem.



### Domestic Abuse Healing from Within

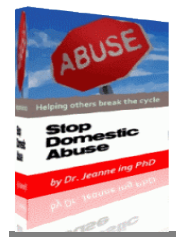
If you want your healing from domestic abuse to permeate every fiber of your being, this eBook is for you! It will show you the **mechanics of your body's natural self-repair**, strategies for mending the mind and heart, and...



### Legal Domestic Abuse

"Successfully Navigate the System"

Far too often when you think it should be coming to an end, your real war remains ahead: **legal domestic abuse.** This eBook will shed light on what you will want to know to **successfully navigate the system** in your route to safety for you and your children.



### Domestic Abuse

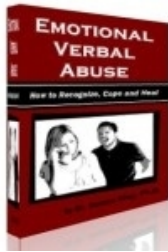
"Helping Others Break the Cycle"

**How do I help** her/him see the light? How do I help someone I care about **awaken to the danger** they live and deal with their circumstances in a way that serves their highest interest? These are the questions of parents and friends of individuals in abusive relationships.

**All eBook Titles Are Available at [www.preventabusiverelationships.com/ebooks.php](http://www.preventabusiverelationships.com/ebooks.php)**

About The Author

## eBook Selections by Dr. Jeanne King, Ph.D.



### Emotional Verbal Abuse

"How to Recognize, Cope and Heal"

**Recognize emotional verbal abuse** as it lives in your relationship. This understanding can equip you with the tools to avert the potential impact of emotional verbal abuse and even arrest its insidious flow. It will show you powerful **methods for healing**...freeing you from carrying these wounds any further in your life.



### Controlling Intimate Relationships

"Emotional - Sexual - Financial Control"

Your partner's "take-charge" personality has robbed you of knowing and being what and who you are. **Controlling Intimate Relationships** helps you recognize and change the control dynamics...including **psychological, financial and sexual control**.



### Crazy Making Legal-Psychiatric Abuse

"Signs and Prevention"

**Crazy-making legal psychiatric ploys** torment domestic abuse survivors at home and in divorce court. However, just because he/she wants the world to believe you are the "crazy" one, you don't have to wear the crazy hat. Learn to identify and stop the devastating impact of crazy making legal-psychiatric abuse.



### Abused Men

"How to Break the Cycle and Heal"

Being battered and being a man almost sounds like an oxymoron. You don't have to bear it in silence any longer. **Abused Men: How to Break the Cycle and Heal** offers help to battered men on how to recognize, end and heal from intimate partner abuse.



### Yes, Abusers Can Change

"End Spousal Abuse and Save Your Marriage"

Marital therapy, psychotherapy, anger management not working for you and your partner. Learn how domestic violence counseling promotes **change for batterers and healing for domestic abuse survivors**. This eBook helps you and your partner identify, engage in and benefit from effective domestic abuse treatment.

The proceeds from eBook sales support the work of **Partners in Prevention**, a 501(c)3 public charity dedicated to helping individuals, families and healthcare professionals to recognize and end domestic abuse.

Thank you for helping us end domestic abuse.

**All eBook Titles Are Available at**  
**[www.preventabusiverelationships.com/ebooks.php](http://www.preventabusiverelationships.com/ebooks.php)**

About The Author