



“Why is he abusive, mean, and hurtful to me?”

A “Power and Control” Log for Victims of Battering to Better Understand Why Men are Abusive to Women

Example with Lisa

ACTIONS: Briefly describe a situation and the abusive and hurtful **ACTIONS** he used against you (Examples: statements, gestures, tone of voice, physical violence, sexual violence, facial expressions, emotional abuse).

“We were out with friends one night. I ran into someone from high school that Mike did not know. I could see Mike across the room getting so pissed at me for talking to him. I ended my conversation with that man quickly because I knew. When we left and got in the car he choked me and told me ‘I knew you were just another cheating bitch.’”

INTENTS: What did your partner want you to do or not do in this situation?

“To have me not talk to any other men and only pay attention to him.”

BELIEFS: How would _____ (partner) justify his abusive actions? If you ever asked him, “Why did you do that to me?” How would he answer that? How do you think he justifies his hurtful actions and abuse towards you? What is his thinking about the role of a woman in a relationship with a man?

“He would often say things like ‘All women cheat.’ He would remind me that I needed him to “stay in line in life” and that I needed him to do that.”

FEELINGS: What FEELINGS or emotions did he have during this situation?

“I would see a build up of anger. He would give me looks that scared me.”

MINIMIZATION, DENIAL AND BLAME: In what ways did your partner MINIMIZE or DENY his hurtful and abusive actions towards you. How did he try to make this your fault and did it work?

“He would minimize everything in a way that when I wanted to talk about something he always made it my fault. I began to believe him and think I must have remembered it wrong.”

EFFECTS / IMPACT: What was the IMPACT of his actions from this situation? Over the long term?

On you: Situation: “I couldn’t breathe when he strangled me for about 5-10 seconds. My throat was really sore for quite awhile. I was scared.”

Long-term: Physically: “I was panicking all of the time if I was doing the right thing. I stopped eating often or ate really awful food.”

Emotionally: “I was crying all of the time and so depressed.”

Spiritually: “I thought I was worthless and kind of thought of myself as ‘soul less’.”

Cognitively: “I was so nervous around him all of the time it was hard to think and I would forget things.”

On each of your children (separately)

“Kylie: She is the oldest girl. He is not her father. She would step in and has become violent.”

“Mary: She is one of my twins. She has spent a lot of time being close to me all of the time. She is a worrier.”

“Carrie: She is my other twin daughter. She kind of acts like nothing bothers her but I know that it does.”

NON-CONTROLLING BEHAVIORS: How would you have wanted him to act differently in this situation?

“I would have wanted him to come over and join in the conversation with me with my high school classmate.”

How would his thinking (BELIEFS) have to change in order for him to be non-abusive? What beliefs would he have to change about women and relationships?

“He would have to think about who women differently. He always had this thing ‘women don’t know what they are supposed to do.’ He wouldn’t say it directly but would say it indirectly all of the time.”