

SOME ABC'S OF DOMESTIC VIOLENCE

- 1st DEGREE ANGRY ANDERSONS**
Low cooperation skills, excessive power plays and competition Loud arguments at home, "Nasty" & "Sweetheart" in public
- 2nd DEGREE BATTLING BROWNS**
Petulant slaps and kicks, angry sand-box play, bruised but not bloody, permission to hit people as outlet of anger/frustration, no talk/no expression/no negotiation skills, generally want to keep their fights from friends
- 3rd DEGREE CATASTROPHIC CARLSONS**
The knife and gun club, the biggest guy wins, hit to get your way, keep them in their place, do what it takes, show them who is boss, people are property, you have to slap them around to make them pay attention, no impulse control skills, often don't care who knows it

Basically, most people are afraid of being NOT-OK. This can be said in many ways : low self-esteem, low pride in self, low self-confidence, poor self-image, low ego-strength, lack of character no guts, weak, -- ALL BASED ON FEAR -- SO DON'T STIR UP OTHER PEOPLES FEARS BY NAME-CALLING, BLAMING, SHAMING, OR MAKING THREATS--THEY MAY TURN ON YOU!

When people experience threats to their OK-ness they will do what they have to do in order to defend themselves. If their characteristic set of defenses don't seem to be working they will escalate with increasing intensity toward off the threat. Your job is to not escalate the threats but to DE-ESCALATE the intensity of the situation. The following ideas and procedures may be helpful :

1. Reassurance for their scared Child is appropriate.
 - A. Your Firm and Fair Parent will let them know that someone will take charge and establish order and give some direction to chaos.
 - B. Low Key Fair and Firm Limit Setting is often the first step in de-escalating the potential for violence.
2. Adult information about how this situation will be handled must be given.
 - a. The disruptive situation must cool down.
 - b. Rational options may be given.
 1. Cool off procedures, (walk around the block, etc.)
 2. Referral to a helpful social service agency.
3. I'M OK - Y'R OK attitude from your Child may help de-escalate the anger. If they feel "invaded" or "threatened" (as a couple), they may "TEAM-UP" on you in order to defend their couple relationship (remember - their relationship may be crummy, but it is all they have and they will protect it by escalating if they feel threatened psychologically)

When in doubt about signs and symptoms being exhibited:
GO SLOW - NURTURE - ASK EASY QUESTIONS - NURTURE - BE POLITE - NURTURE



OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.