

# 1 Domestic Violence is NOT your fault.

*It's all about the abusive person having power over and control over another person.*

Abusers are obsessed with control. Over time the abuser may control every aspect of your life, who you talk to, what you wear, where you go and when you go out and your access to money. Whilst at times abusers may appear to lose control when they go into a rage it is important to remember that they are actually very much in control of their behaviour. We know the abusers behaviour is not about anger but is a controlled action because:

- The abuser is often not violent towards other people.
- The abuse often occurs when there are no witnesses. The abuser is able to stop their violence when the police arrive or when the phone rings.
- The abuser is able to direct where they punch or kick so any bruising or marks can be hidden from other people'

*A Woman's Guide to Reclaiming a Healthy Relationship. Tweed Shire Women's Service.*

Women's Domestic Violence Crisis Service of Victoria 1800 015 188 (24 hrs) [www.wdvcs.org.au](http://www.wdvcs.org.au)

National Sexual Assault and Family Violence Crisis Line 1800 737 732(24 hrs) [www.1800respect.org.au](http://www.1800respect.org.au)

Centres Against Sexual Assault Victoria 1800 806 292 (24 hrs) [www.casa.org.au](http://www.casa.org.au)

Aboriginal Family Violence Prevention & Legal Service Vic 1800 105 303 [www.fvpls.org](http://www.fvpls.org)

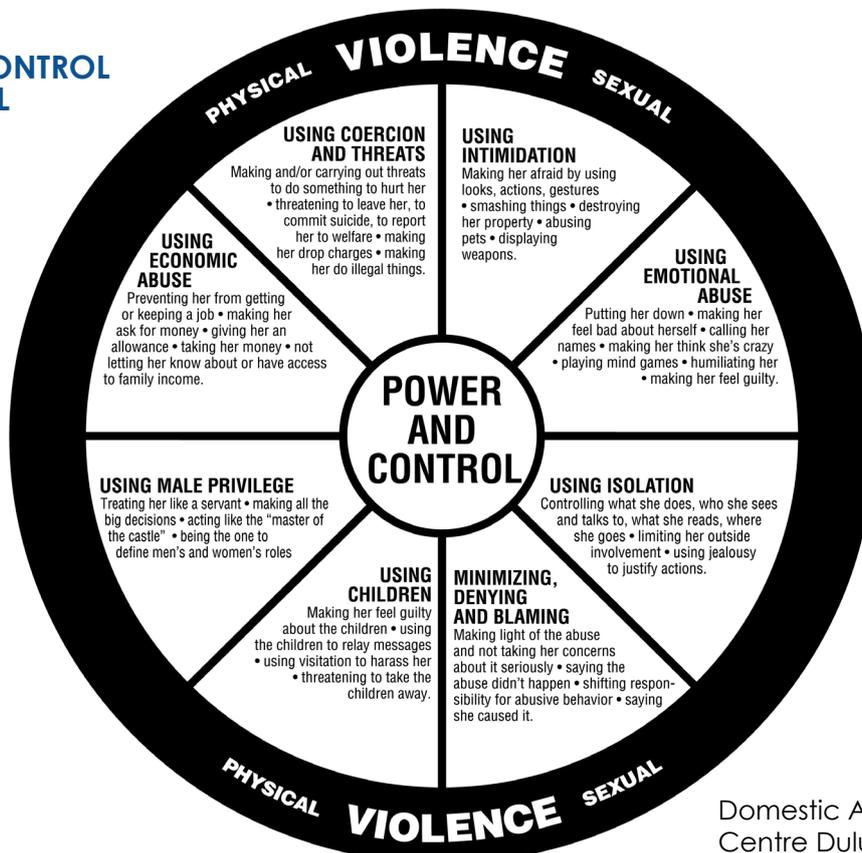
Essential First Steps to re-establishing financial security [www.whealth.com.au/work\\_financial-abuse-project.html](http://www.whealth.com.au/work_financial-abuse-project.html) A booklet to assist you to disentangle financially from an ex-partner.

Council of Single mothers and their Children Support Line - 1300 552 511. Provide support, information and referral. [www.csmc.org.au](http://www.csmc.org.au)

Family Relationship Advice Line 1800 050 321. Provide information and services that can assist with family relationship issues, including dispute resolution and mediation. [www.familyrelationships.gov.au](http://www.familyrelationships.gov.au)

Relationships Australia 1300 364 277. Provide a broad range of services and referrals. [www.relationships.com.au](http://www.relationships.com.au)

## POWER & CONTROL WHEEL



Domestic Abuse Intervention Centre Duluth, Minnesota.