

Domestic Abuse Traits

Domestic abuse is the use of power and control to restrict your rights and direct your will in the direction that an abuser wishes for it to go. Understanding how this power and control is used in your day to day life is pivotal to the first step of your recovery so the following are some of the dynamics that you may be experiencing. When reading these descriptors, please bear in mind that you may experience one, some or all of these at any one time and to varying degrees. This does not mean that this is any less abusive and **there does not have to be physical violence for you to be suffering abuse**. If you are experiencing any of the following, please use the resources in this pack to find out where and how to access the support and assistance available to you.

The Bully

The Bully is the side of the abuser who will use physical strength to hurt you. They will use their stature or size to make you feel afraid and will not be worried about being a bully towards you and others in public. The Bully will make your friends and family feel afraid and will feel powerful when you and they are afraid. The Bully will hurt you physically and will often use weapons to hurt you. The Bully believes that you are their property and that they are superior to you and most other people. The Bully believes that violence is an acceptable way to solve problems and will always blame you or others for their behaviour. The Bully will believe that their behaviours are reasonable and justified.

The Head Worker

The Head Worker is the devious part of your abuser who will erode your self confidence and self esteem. They will blame you for every small perceived problem and will chip away at your confidence by using insults and putting you down. The Head Worker will tell you lies about your friends and family and may even seduce them so that your relationship with them is disrupted or destroyed. The Head Worker thinks that you should be grateful that they have shown an interest in you. The Head Worker makes you feel as though you are going mad but they will always blame you for their behaviour and they will believe that their behaviour is reasonable and justified.

The Jailer

The Jailer imprisons you in many ways and they will do everything in their power to prevent you from leaving your home without them. They may try to stop you working or may even stop working themselves to make sure that you are at home where they monitor your every move. The Jailer will restrict your finances so that you cannot do what you want and they will believe that they have to do this because you will do bad things when you are not with them. The Jailer may restrict your access to basic items that you need on a daily basis to prevent you from leaving the home. The Jailer will constantly text and call you when you are out, to the extent that you often return home because you are fed up with the hassle! The Jailer controls what you wear and who you see. The Jailer believes that you are responsible for their behaviour and that their behaviour is reasonable and justified.

The Persuader

The Persuader will use all of the abuse tactics described above and below in an effort to stop you doing something that they don't want you to do, particularly leaving them. This can range from threats to kill you, your children, family or friends or they may try to coerce you to believe that they are 'changing' for the better and that they are sorry, stating that, of course, the abuse will never happen again. The Persuader believes that their victim has no right to complain about the violence as they are responsible for it. The Persuader believes that you are responsible for their behaviour and that their behaviour is reasonable and justified.



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The Sexual Controller

The Sexual Controller believes that you are there to satisfy their sexual desires which often goes against your wishes. The Sexual Controller may rape you or force you to commit acts that you are uncomfortable with. The Sexual Controller may take images or video of you in situations that you would not like to be made public and blackmail you with exposure if you do not do what they want. The Sexual Controller may make you sleep with their friends or with other people for money or goods. On the flip side of this abuse, the Sexual Controller may also withhold sexual contact from you or make you feel unattractive. Many victims of domestic abuse struggle with this tactic the most. The Sexual Controller relies on this fear and shame to control you. The Sexual Controller believes that they are entitled to abuse you and that their actions are justified and reasonable.

The King of the Castle

The King of the Castle believes that their partner's sole purpose is to do things for them. They believe that housework is inferior and therefore so are you. They have very high standards and nothing is ever 'right'. You could spend all day cleaning and cooking but the King of the Castle would find the one tiny detail that you have overlooked. As the partner to the King of the Castle, you may also have to be pristine as well as your children, or, the King of the Castle may not appear to care what you wear or look like and then abuse you for not being as well presented as they expect you to be. The King of the Castle will use threats, bullying and violence to make sure that you do as they wish. They believe that all of their behaviours are reasonable and justified and that the abuse is your fault.

The Liar

The Liar will blame anyone and anything for their behaviour. They will tell you that they are being violent or abusive because of their work or drink. They may tell you that they behave the way that they do because of how they were brought up. The liar will deny anything that you say if it does not fit with their reality and they often do not see the world the same way that we do. The liar will believe that their behaviour is justified and reasonable and is your fault.

The Bad Parent

The bad parent will use your children against you. They may undermine you as a parent or they may even encourage your children to abuse you directly. They may use the courts and contact as a reason to continue to harass and harm you and they may also threaten to inform agencies such as children's social care that you are a bad parent. The bad parent may also directly or threaten to harm your children to make you do as they wish. The bad parent will blame you for their behaviour and feel that their actions and behaviour are justified.



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