

WRITTEN EXERCISE:

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EXERCISE

Violence in Couples

OVERVIEW

Violence in couples is a problem shared by non-activist women, but among activists it assumes different shades. This type of violence may be justified or tolerated for very different reasons, such as economic, emotional and affective dependence, low self-esteem and a feeling of inadequacy, and, in some cases, religious principles that urge one to maintain a relationship at all costs, or for fear of being discredited or socially rejected in the event of separation.

When children are involved, they can become the 'primary reason' for remaining in a destructive relationship.

Likewise, in the case of yet others, the social obligation to settle down and be in a relationship, or being unable to imagine yourself alone or the fear of solitude, are two other reasons for remaining in a violent or destructive relationship.

For activists, other aspects are sometimes involved, including: guilt due to not being able to fulfil 'correctly' one's role as a spouse or mother according to expectations; and the difficulty of mixing personal spaces and spaces for participation. To some extent, furthermore, ending a relationship also involves giving up the space for political participation and the ties on which it has been built, besides the fear of being criticised or judged by common friends.

QUESTIONS

For the first section (a), take your time to read through and answer each question, using a rating of 0-4, where:

0 = never

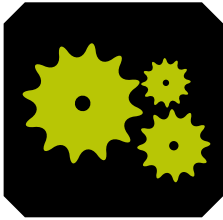
1 = very occasionally

2 = sometimes

3 = frequently

and 4 = always.

In section (b) write down your thoughts on the open questions.



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a) Types of violence in your relationships

Try to note below whether any aspect of the following forms of violence is exercised by your partner or by yourself:

Type of violence	Frequency in your relationship with your partner? (0 = never to 4 = always)
<i>Isolation and intrusion:</i>	
Hides your things, listens to your conversations, reads your correspondence, e-mails or personal documents	
Controls your activities, who you see, who you speak to and where you go	
Prevents you from seeing or visiting your friends and family members, or them from visiting you	
Interferes in your friendships, calls your friends behind your back, asks them questions about you	
Other:	
<i>Emotional abuse:</i>	
Makes you feel clumsy, stupid or crazy	
Blames you for everything	
Ridicules, makes jokes about you or your family in front of your family members, friends or strangers	
Uses your personal information to manipulate or humiliate you	
Does not respect your decisions, does not take your needs into account and pressurises or manipulates you so that you do what they want you to	
Blackmails or threatens you	
Does not address you, ridicules you or speaks to you in an aggressive manner	
Other:	
<i>Economic abuse:</i>	
Does not let you work outside the home, puts pressure on you or creates obstacles so you are not able to.	
Makes you ask him/her for money, or in the event you have shared expenses, denies you money for these common expenses	



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Type of violence

Frequency in your relationship with your partner? (0 = never to 4 = always)

Economic abuse:

Questions how you use your money, unilaterally establishes the priorities for spending

Checks your account(s) or 'manages' your money

Other:

Sexual abuse:

Physically or emotionally obliges you to engage in sexual practices against your will

Does not take your wishes or needs into account even when you express them

Hurts you physically (without your consent) or emotionally during sexual intercourse

Ignores you sexually, tells you that you are no longer desirable, that you do not excite him/her or and that he/she has sexual relations with you as a 'favour to you'

Other:

Physical violence:

Pushes you, pulls your hair, pinches you or slaps you 'in jest' or 'by accident'

Slaps you in the face, twists your arm, kicks you 'to get a reaction, make you listen or see reason'

Throws things at you to hurt you

Causes you injury using weapons (knives, firearms or any other), either intentionally or 'by accident'

Openly hits you.

Other:

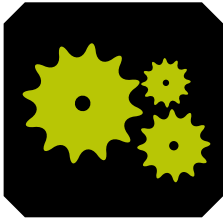
Intimidation and threats:

Terrorises you with looks, gestures, acts or by shouting

Breaks things and destroys or hides your things

Prevents you from entering or leaving the house

Threatens to hurt you, hurt others or to commit suicide



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Type of violence	Frequency in your relationship with your partner? (0 = never to 4 = always)
Intimidation and threats:	
Other:	
Domestic servitude:	
Holds you solely responsible for managing the house and keeping it clean (paying bills, managing services, cleaning, maintenance), or for some reason, when distributing 'shared' activities it is always your turn	
Does not participate in domestic chores (or in looking after the children if there are any) or only 'helps' you and makes you feel that he/she is 'doing you a favour' or that 'you should be grateful'	
Demands that you serve him/her or blackmails you into doing so	
Other:	

b) Think about ...

The reason or reasons that are making you remain in a relationship that is governed by these characteristics?

How you contribute to your relationship continuing as is, with no changes to the way it functions and with no renegotiation of agreements?
