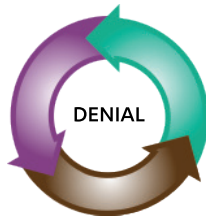




## CYCLE OF VIOLENCE

This model is based on a belief system in which an individual has control in a relationship and maintains that control through certain actions and behavior. These actions have an intent and purpose behind them. Physical violence is only one of the tactics used to maintain control.



### BATTERER

Moody, yells  
Threatens, nitpicks  
Withdraws affection  
Uses put downs  
Abuses alcohol  
Destroys property  
Acts sullen  
Criticizes

Hits victim  
Chokes victim  
Humiliates victim  
Imprisons victim  
Rapes victim

Apologizes  
Begs for forgiveness  
Promises counseling  
Goes to AA, etc.  
Sends flowers  
Cries

### VICTIM

Tries to calm batterer  
Silent or talkative  
Distances family/friends  
Keeps kids quiet  
Agrees readily  
Withdraws  
Tries to reason  
Walks on egg shells

Protects themselves  
Calls the police  
Tries to calm batterer  
Tries to reason  
Fights back/leaves

Agrees to stay/return  
or take batterer back  
Attempts to stop legal  
proceedings  
Sets up counseling  
for batterer  
Feels happy and hopeful

TENSION

EXPLOSION

HONEYMOON

**BREAK THE CYCLE.**



**VICTIM OF A CRIME?**

# WE'RE HERE TO HELP.

No matter your circumstance, Kalispel Tribe Victim Assistance Services exists to provide healing, understanding, resources, awareness and respect for ALL victims including both Tribal members and members of the community.

**24/7 HELPLINE**

**Kalispel Tribe Victim Assistance Services**

# 877.700.7175



100 Hayford Rd, Airway Heights, WA • 509.789.7671

41 Tule Rd, Cusick, WA • 509.447.7155 [kalispeltribe.com](http://kalispeltribe.com)



## WE ASSIST VICTIMS OF **ALL** CRIMES.

### CRIMES INCLUDE BUT ARE NOT LIMITED TO:

- Domestic Violence
- Sexual Assault
- Impaired Drivers
- Child Abuse/Neglect
- Property Crime
- Elder Abuse
- Trafficking
- Identity Theft
- Burglary
- Robbery
- Arson
- Fraud
- Assault
- Homicide
- Death Notification
- Gang Violence
- Hate/Bias Crimes
- Kidnapped/Missing Persons

### ALL SERVICES ARE CONFIDENTIAL AND ARE AVAILABLE TO WOMEN, MEN AND CHILDREN AT NO COST.

- Domestic violence and sexual assault victim advocacy including dating violence and stalking
- Crime victim advocacy
- Legal advocacy
- Medical advocacy
- Counseling services information and referral
- Community education and outreach
- Support groups
- Emergency assistance



## WHAT IS DOMESTIC VIOLENCE?

**Domestic Violence is defined as a pattern of assaultive, abusive, controlling or coercive behavior including physical, sexual, spiritual, emotional and psychological tactics, as well as economic coercion that is used in an effort to gain or maintain control or authority in any relationship.**

### HEALTHY RELATIONSHIPS

In a healthy relationship there is: trust, open communication, respect, compromise and understanding.

### THINGS YOU SHOULD KNOW

- Assault is a CRIME
- No one deserves abuse
- It is not your fault
- You have a right to be safe and secure
- Help is available
- You are NOT alone in your community
- Domestic Violence can be FATAL
- Violence is not TRADITIONAL
- People are SACRED

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