

## GROUP #14

### THE EFFECT THAT ALCOHOL AND DRUGS PLAY ON VIOLENCE

#### Facts:

60% of all battering cases involve drugs or alcohol

50% of all physical abuse is associated with drugs or alcohol (i.e.. partner abuse, child abuse, elder abuse, etc.) (Scher: 1987)

Exercise: Answer the following questions in the space provided.

1. What are the reasons why people drink alcohol or use drugs?
  2. What messages do we get about them from the media?
  3. What messages do we get from the government?
  4. What messages do we get from our friends?
  5. What messages do we get from our community?
  6. What messages do we get from our family?
  7. What benefits do we get from using alcohol and drugs?
  8. Does alcohol help us to avoid things?
  9. Does alcohol give us a role to play?
10. Do we justify or rationalize any actions because we do them while we were high or drunk?
11. Were any of you drinking or high when you were arrested or had you used either of them in the past 24 hours?
12. What, if anything, has using alcohol or drugs cost you?
13. Has using them created any problems with your mental or physical health?
14. If you consider the previous questions, how would you define alcohol or drug abuse?
15. Do any of you feel that you have or may be developing a problem with alcohol or drugs?
16. Do you feel that anyone in your family has a problem with alcohol or drugs?

#### Basics:

Alcohol or drugs loosens a person's inhibitions

a person is less aware of his emotional states

a person does things that he would never do sober, can't hold things in While under the influence some people think that they are not responsible for their behavior.

"I was drunk and I couldn't help myself." "I was out of control."

"It wasn't me. It was the booze."

Getting drunk or high is something that we may have learned growing up.  
"Dad always had a few when he got home."  
"Whenever mom couldn't deal with a problem she took a drink or a pill."

People think that alcohol is an effective way to deal with problems. We use substances to numb our feelings.

Alcohol and drugs do contribute to violence, but they do not cause violence. Remember: only we are in control of our behavior.  
We must take responsibility for ourselves.

Often people who have a drug or alcohol problem find that stopping does not always stop the violence.  
Treating anger and violence problems without treating alcohol or drug problems does not work. That is why A.A. or N.A. goes hand in hand with this group.

Discussion: If every time you become violent, you are using either alcohol or drugs, what does that tell you?

Alcohol vs. Drugs:

The only difference is that alcohol is a legal drug (and has calories). All people react differently to different substances:

but all substances can be abused

and all can become physically addictive.

Alcohol is a depressant, it acts on the Central Nervous System and it is addictive Amphetamines, cocaine, crack, are stimulants and cause irritability, fear, paranoia Barbiturates, heroin, marijuana, etc. can cause a person to be agitated during withdrawal.

EFFECTS OF ALCOHOL and Drugs:

- All are addictive physically and psychologically
- All can be damaging to your mind and body
- Can cause emotional problems
- Can cause family problems
- Can cause work problems
- Can cause legal problems
- Can cause death
- Can cause you to do things you might otherwise not do

Discussion: How many of the above has occurred in your life because of use or abuse?

Reasons Why People Use Alcohol or Drugs: To Relax

Peer Pressure: to fit in, feel like you belong, everyone else is doing it Loosen Inhibitions: to be able to relate to people easier

To Escape From People: to avoid friends, family, problems  
To Escape From Feelings: to avoid anger, hurt, depression, fear

To Forget Things: problems at work or at home

To Feel Better: about yourself or others

To Have Fun

To Fall Asleep: Actually your sleeping patterns are disturbed and you sleep much less soundly

To Have Better Sex: actually too much can cause impotency in men Discussion: Why do any of you drink alcohol or use drugs?

Stages of Substance Use and Abuse: Experimentation:

First time use: curiosity, peer pressure

Just a few times or for a short period of time Here a person decides whether or not they like it

Moderate Use:

Weekends, glass of wine with dinner

No harmful consequences

If consequences a person will alter behavior (for example: if a person has a few drinks at an office party and is arrested on the way home then they decide that this will never happen again.)

Able to control use

Abuse:

Physiological and psychological dependence begins

Physical changes occur: increased tolerance, craving to have substance increases Psychological reasons start to occur: avoid family

Denial:

Person believes that they can stop at any time

Cannot see problems that other can see

Rationalizations, excuses, blaming others when confronted Use increases over time

Problems begin to emerge: at home or work

Troubles with the legal system

Dependency:

Uncontrollable Use: actually they may stop for periods of time but they eventually go right back; or a person who drinks excessively only on weekends thinks that they don't have a problem; or when a person drinks it is to excess even if only occasionally

Continued denial and blame

Effects others: broken promises, going to situations where drinking or drug use occurs

Withdrawal symptoms

Morning drinking, drinking alone

Damage to body  
Delirium Tremors, hot flashes, anxiety, depression

Death:  
Overdose

Accident

Chronic health problems  
Discussion: Do any of you know someone for whom this is true?

Is any of this true for you?  
If so, what stage do you honestly believe that you are in? What effects has alcohol or drugs had on your relationships?

Chemical Dependency:  
The following is a list of questions that will help you know if you have a dependency on either alcohol or drugs:

Do you use after a quarrel or disappointment?  
Do you use or use more heavily when you feel under pressure?  
Do you handle more now than when you first started using?  
Do you have blackouts the next morning even if your friends say that you did not

pass out?  
When you have been using with other people do you ever try to sneak just a little

bit more than them?  
Do you ever feel uncomfortable when alcohol or drugs are not available or if they  
are available do you feel uncomfortable when others are really not using them and you want to?

Are you ever in more of a hurry to get that first hit?

Do you ever feel guilty about using or try to hide your using? Do your family or friends try to talk to you about you using and you get irritated by it?

Do you ever find yourself using when everyone else has had enough?  
Do you always have a good reason for using?  
When you wake up the next morning do you often have regrets about things your

have said or done?  
Have you ever promised yourself that you would try to stop or slow down and

you didn't?  
Has your job suffered or work performance changed?

Are you having financial or work problems?

Do you think that people are picking on you or treating you more unfairly than

before?

Have you lost or gained a lot of weight since you started using? Do you ever get the shakes in the morning?

Do you ever get really depressed or suicidal?

Do you ever have visual or auditory hallucinations?

Do you ever become paranoid?

Do you ever not enjoy the feeling of being high that you once enjoyed?

Do you avoid family and friends ?

Have you stopped doing things that you once enjoyed (golfing, lifting weights,

etc.)?

If you have been using for a long time, does it take less and less to get you

intoxicated than in the past? (if yes than your liver may be deteriorating )

Discussion: How many of the above have you answered yes to? If you answered yes to even one of the above than you may be abusing alcohol or drugs. Talk to a therapist, psychologist, or someone who can get you help or point you in the right direction.

Co-Dependency:

Someone who is classified as a co-dependent or an enabler is usually someone who loves or cares for an addict. He can be a close friend, relative or a partner. However the co-dependent uses the addict the same way that an addict uses drugs. For example, a co-dependent may have grown up not feeling as if they were ever loved or needed. Therefore, they will often seek out partners who really do need them. When an addict wakes up in the morning and can't go to work because of a hangover, the co-dependent is right there to call their boss and make up an excuse for them. It makes her feel needed. Often she is in as much denial of her partner's addiction as he is.

Co-dependents are very much oriented toward helping others, and they try to be supportive and helpful to their abusers. What they find, to their frustration, is that their help is completely ineffective at getting their partner off of alcohol or drugs. Co-dependents usually have a number of very positive personality qualities such as loyalty, tenacity, responsibility, and careful planning. However, they also tend to have fairly low self-esteem and try to feel better about themselves by feeling needed by others.

Often times, once the addict goes through treatment and stops using, the entire dynamic of the relationship can change. The addict no longer needs someone to cover for him and often he will push the co-dependent away from him. The co-dependent, on the other hand, no longer feels needed and the entire relationship could end. It is for this reason why so many co-dependents will go from one addict to the next.

Exercise: Are you co-dependent (or a co-alcoholic)? Answer the following questions using either yes or no.

1. Have you ever been embarrassed at the behavior of someone you know after he or she uses?

2. Have you ever poured out liquor or thrown out drugs to keep someone from using?

3. Have you ever felt your behavior was making someone else use?

4. Have you ever threatened to leave someone because of too much using?

5. Have you ever called work to give an excuse for someone who could not work that

day because of too much partying the night before?

6. Have you ever felt angry that your family was not being taken care of because so much money was being spent on alcohol or drugs?

7. Have you every felt fearful at what would happen to you and / or your children if using continues in your family?

8. Have you ever gone looking for someone who you think is out using?

9. Have you ever called bars, neighbors, friends, etc. looking for someone who you

think is using?

10. Have you ever increased you own intake of alcohol or drugs to keep up with someone who is a heavy user?

11. Have you ever felt like moving out of your home and "start over" as a solution to another's heavy using?

12. Have you ever been disgusted by another's using behaviors?

13. Have you ever been unable to sleep because someone has stayed out late using or not come home at all?

14. Have you ever resented the fact that there is heavy drinking or drug use occurring in your family or with someone you know?

15. Have you ever felt hopeless about an alcohol or drug situation?

16. Have you ever felt that it was a disgrace to talk about a drinking or drug problem? 17. Have you ever cut down on outside activities so that you could keep an eye on someone who's using?

18. Have you ever nagged or gotten into quarrels with someone who uses?

19. Have you ever felt that if the user would just stop using, everything would be normal?

Homework: Complete your Anger Journal for next week.

## GROUP #15 ALCOHOLISM

A Clinical View:

Blood Alcohol Content or B.A.C.

It is important to know how and how much alcohol affect your body:

.65 = 1 1/4 Pints = DEATH

.4 = 1 Pint = Stuporous, no judgment, no coordination

.2 = 10 Drinks = Erratic emotions, lack of coordination, legally drunk for six hours .1 = 5 Drinks = Little or no judgment, poor coordination (legally drunk is now .08) .05 = 2 1/2 Drinks =

Impaired Judgment

.02 = 1 Drink = Relaxed

Discussion: Any questions?

Knowing Your Limit: (D.M.V.: 1995)

Number of Drinks in One Hour

**APPROXIMATE BLOOD ALCOHOL CONTENT (B.A.C.)** (One drink = 1 oz. of 100 proof liquor or one 12 oz. beer)

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### DRINKS

100 120 140 160

1. 1 .04

2. 2 .08

3. 3 .11

4. 4 .15

5. 5 .19

6. 6 .23

7. 7 .28

8. 8 .30

9. 9 .34

10. 10 .38

.03 .03 .02 .06 .05 .05 .09 .08 .07 .12 .11 .09 .16 .13 .12 .19 .16 .14 .22 .19 .16 .25 .21 .19 .28 .24  
.21 .31 .27 .23

.02 .02 .04 .04 .06 .06 .08 .08 .11 .09 .13 .11 .15 .13 .17 .15 .19 .17 .21 .19

Body Weight in Pounds 180 200

220 240 .02 .02 .03 .03 .05 .05 .07 .06 .09 .08 .10 .09 .12 .11 .14 .13 .15 .14 .17 .16

Limits:

.02 - .04 = REASONABLE

.05 - .07 = Likely D.U.I. - Definitely D.U.I. if under 21 .08 And Over = Definitely D.U.I.

yrs. old The human body normally metabolizes 1 oz. of alcohol / hour.

Discussion: What will make you feel more intoxicated more quickly?

A. One 12 oz beer (6%)

B. One 6 oz. glass of wine (12%)

C. One 1 1/2 oz. shot of whiskey (40-50%)

One form of alcohol is no less harmful than another in amounts normally consumed. Switching types of alcohol doesn't help alcoholism.

Also switching from one form of alcohol doesn't help alcoholism.

Psychomotor Effects:

If someone claims that he drinks to relax, it is actually a fallacy in the long run.

The reason is that alcohol is a depressant. When the depressant wears off there is an opposite effect. That is why; when people who say that they have trouble falling asleep have a drink to help them, they find that when they do fall asleep it is not a deep sleep. There is often agitation and R.E.M. (rapid eye movement).

Normally the amount of agitation from drinking to relax is 2-3 times as long as the sedation. Therefore if a person feels relaxed for an hour they will feel agitated for 2-3 hours after they stop drinking. That is why drinkers have another drink- to get rid of the agitation.

That is also why hard core drinkers who stop drinking have D.T.'s (delirium tremors). It is extreme agitation.

Alcohol kills brain cells and makes us drunk. The reason is that alcohol makes red blood cells collect together (called "sludging"). They get stuck in the capillaries all over the body and eventually the capillaries will burst. This is what causes blood shot eyes, red face, red nose, etc.

Eventually capillaries in the brain become engorged and oxygen is reduced to brain cells. That is what causes feelings of intoxication. Long term effects will result in the brain cells dying and dementia results. Drinkers will often have selective memory recall. That is, they will suppress or repress unpleasant experiences and recall only good ones. They will experience black-outs. This occurs when the drinker remains conscious but will have impaired short-term memory and what happens does not get encoded into the drinker's long-term memory. It is not sure yet if brain cells are actually killed during black-outs but scientists believe that it is possible.

Alcoholism Defined:

Alcoholism is a disease that causes physical deterioration. It can't be controlled, is

chronic, progressive and can be fatal.

Exercise:

Fill in the appropriate response to the questions below (yes or no).

1. Do you occasionally drink after a disappointment or a quarrel or when you have trouble or are under pressure?
2. Have you noticed that you have to drink more liquor to get drunk than when you first started drinking?
3. Have you ever woken up on the morning after drinking and discovered that you could not remember part of the evening before, even though your friends said that you did not pass out?
4. When drinking with other people, do you try to have a few extra drinks or gulps when others will not know it?
5. Have you recently noticed that when you begin drinking you are more in a hurry to have the first one?
6. Do you sometimes feel a little guilty about your drinking?
7. Are you secretly irritated when your family or friends discuss your drinking?
8. Have you recently noticed an increase in the frequency of your blackouts?
9. Do you find that you wish to continue drinking after everyone else has stopped?
10. Do you find that you cannot stop at just one drink?
11. Do you find that you often need to come up with excuses for not going to work, or other activities, or not keeping promises because of drinking or hangovers?
12. When you are sober, do you often have regrets about what you did while drinking? 13. Do you feel sorry for all of the drinking that you have done in your life?
14. Have you promised yourself or another that you would quit drinking or cut down on drinking and been unable to do so?
15. Have you tried to switch the type of alcohol you were drinking in an attempt to cut down?
16. Have you tried to control your drinking by changing your friends, jobs, or residence? 17. Do you avoid family or friends while you are drinking?
18. Do you have an increased number of work and/or money problems? 19. Do you eat irregularly when you drink?

20. Do you drink in the morning to cover up a hangover, to stop feeling badly or to stop the shakes?
21. Do you frequently have hangovers, get the shakes, feel sick, feel nervous, have problems sleeping or have a poor appetite?
22. Have you found that you now do not have to drink as much as you once did to get drunk?
23. Do you sometimes drink and stay drunk for several days?"
24. Have you begun to have serious health problems?
25. Have you noticed marked changes in your life (loosing job, loosing family, etc.)?
26. Sometimes after drinking do you see or hear things that aren't there?
27. Have you begun to drink during the day or maybe at work?
28. Do you ever get extremely depressed and think of suicide?
29. Do you get terribly frightened after you have been drinking heavily?
30. Have you admitted defeat about being able to quit drinking?

Questions 1-7 = Early Stage Questions 8-21 = Middle Stage Questions 22-30 = Late Stage

#### Stages of Alcoholism:

There are essentially three stages of alcoholism. They are as follows: Early Stage:

##### Relief Drinking

Increased Tolerance

Memory Blackouts (beginning and increasing) Surreptitious Drinking

Irritation about Discussing One's Drinking

##### Middle Stage:

Loss of Control

##### Alibis

Changes in Actions

Remorse

Attempts or Promise to Stop (to self or others)

Switching (with who, where, what , change jobs, residence) Family and Friends are avoided

Work Problems

Financial Problems

Not eating regularly

Drinking in the Morning (to get rid of withdrawal or hangovers)

Mild Withdrawal (hangovers, shakes, sick, nervousness, sleep problems, etc.)

Late Stage:

Decreased Tolerance (due to deterioration of the liver and rest of the body) Health Problems (stomach, nerves, etc.)

Benders and Binges

Major Changes in Lifestyle (loss of family, friends, job, etc.)

Drinking at work

Loss of initiative

Admit defeat

Discussion: Are there any questions or comments? Homework: Complete your Anger Journal for next week.

## GROUP # 16

### EFFECTS OF ALCOHOL AND OTHER DRUGS

Alcohol: (Scher: 1987)

Types: beer, wine, hard liquor

Tolerance develops

Withdrawal occurs

Potential for violence: maladaptive behavior (sexual or aggressive) may occur due to disinhibiting effects

Discussion: Are there any questions or comments?

Sedatives and Anti-Anxiety Drugs:

Types: Barbiturates, Benzodiazapines (Valium, Librium, Xanax, Halcion, etc.) Intoxication: slurred speech, unsteady gait, involuntary oscillation of eyeballs, memory problems, attention problems, blackouts, uncoordinated movement, decreased pulse, decreased respiration, lowered blood pressure, lowered body temperature, coma

Tolerance develops

Withdrawal occurs: Significant physical dependence; Withdrawal is usually the opposite of acute intoxication (increased heart rate, increased respiratory rate, high blood pressure, elevated body temperature, sweating, tremor in hands, insomnia, anxiety, nausea, vomiting, seizures, delirium, etc.), drug seeking behavior is commonplace, visual, tactile or auditory hallucinations may occur in severe withdrawal

Potential for violence: maladaptive behavior (sexual or aggressive) may occur due to disinhibiting effects

Discussion: Are there any questions or comments?

Opioids:

Types: Heroin, Morphine, Codeine, Methadone

Intoxication: initial euphoria followed by apathy, depressed mood, excited or slowed movement, impaired functioning, constricted pupils, drowsiness, slurred speech, impaired memory, inattention (including danger) respiratory depression, unconsciousness, dependence that is compulsive and prolonged and will disrupt normal daily activities, coma, death

Tolerance develops

Withdrawal occurs: anxiety, restlessness, aches in back and legs, irritability, increased sensitivity to pain, depressed mood, inability to experience pleasure, nausea, vomiting, tearing in the eyes, runny nose, dilated pupils, hair standing on its ends, sweating, diarrhea, yawning, fever, insomnia, impaired functioning, drug cravings and drug seeking behavior

Potential for violence: This form of drug is often associated with crimes such as possession of drugs, distribution of drugs, forgery, burglary, robbery, etc.

Discussion: Are there any questions or comments

Amphetamines:

Types: Amphetamine, Methamphetamine, Diet Pills

Intoxication: High feeling, euphoria, enhanced vigor, gregariousness, hyperactivity, restlessness, interpersonal sensitivity, talkativeness, anxiety tension, alertness, grandiosity, repetitive behavior, anger, irritability, threatening, fighting, rapid or irregular heartbeat, dilated pupils, increased blood pressure, perspiration, nausea, vomiting, confusion, rambling speech, headache, transient ideas of reference, paranoia, seizures, auditory or visual hallucinations; chronic use may include slowed heartbeat, decreased blood pressure, muscular weakness, respiratory depression, chest pain, slowed movement, malnutrition, cardiovascular problems

Tolerance develops

Withdrawal occurs with heavy use: often within hours to days after cessation or decreased intake of drug, depression, intense weariness, vivid and unpleasant dreams, disturbed concentration, mood swings, insomnia, increased appetite and weight gain, slowed movement, inability to experience pleasure, drug craving, suicidal thoughts, impaired social or job functioning

Potential for violence: Aggressive and/or violent behavior often accompanies the use of amphetamines when individual is dependent (especially when they are smoked or injected)

Discussion: Are there any questions or comments?

Cocaine:

Types: Cocaine, Crack, etc.

Intoxication: High feeling, euphoria, enhanced vigor, feeling of well being, confidence, gregariousness, hyperactivity, restlessness, jumpy, interpersonal sensitivity, talkativeness, anxiety, tension, alertness, grandiosity, repetitive behavior, anger, impaired judgment, aggression, promiscuity, increased heart rate, irregular heartbeat, dilated pupils, elevated blood pressure, perspiration, chills, nausea, vomiting, excited movement, weakness, chest pain, confusion, seizures. High doses can cause rambling speech, headache, transient ideas of reference, paranoia, auditory and tactile hallucinations ("coke bugs"). Dependence can occur quickly. Chronic use may lead to emotional blunting, fatigue, sadness, depression, slowed heartbeat, decreased blood pressure, respiratory depression, slowed movement, craving anything that looks like cocaine, social withdrawal, coma

Tolerance develops

Withdrawal occurs with heavy use: depressed mood, fatigue, intense weariness, vivid and unpleasant dreams, insomnia, suicidal ideation, increased appetite, slowed movement, inability to experience pleasure, drug craving and impaired functioning

Potential for violence: Paranoia, aggressive behavior, anxiety, depression and weight loss are commonplace

Discussion: Are there any questions or comments?

Phencyclidine: Types: PCP

Intoxication: lowered inhibitions, anxiety, agitation, rage, aggression, panic, flashbacks, impaired judgment, social and interpersonal problems, elevated or lowered body temperature, high blood pressure, rapid heartbeat, vertical or horizontal eyeball oscillation, numbness to pain, loss of coordination in extremities, muscle rigidity, catatonic mutism with posturing seizures, confused

wandering, perceptual disturbances (i.e.. scintillating lights, perceived sounds, disturbed visual images), delirium, coma

Low Dose related symptoms: vertigo, oscillating eyeballs, mildly elevated blood pressure, abnormal involuntary movements, slurred speech, nausea, weakness, slowed reaction times, euphoria or dulled emotions, talkativeness or apathy

Intermediate Dose related symptoms: disorganized thinking, perceived changes in body image, changes in sensory perception, depersonalization, feelings of unreality

High dose related symptoms: amnesia, coma, numbness sufficient for surgery, seizures, respiratory depression

No Tolerance

No withdrawal

Potential for violence: Anxiety, rage, aggression and/or violence and impaired judgment due to disinhibition

Discussion: Are there any questions or comments?

Inhalants:

Types: Gasoline, Glue, Spray Paint, etc.

Intoxication: euphoria, dizziness, blurred or double vision, oscillation of the eyeballs, uncoordinated movements, slurred speech, unsteady gait, tremors, belligerence, assaultiveness, apathy, impaired judgment, confusion, anxiety, auditory, visual or tactile hallucinations, other perceptual disturbances, alterations in time perception, delusions ("I can fly"), impaired functioning, family conflict, school problems

Higher doses: laziness, slowed movements, muscle weakness, depressed reflexes, stupor, coma  
Tolerance develops

Withdrawal occurs: possible sleep disturbances, tremors, irritability, nausea, fleeting illusions

Potential for violence: Heavy use may cause conflict relationships, aggressive and/or violent behavior, cause impaired judgment and impaired coordination

Discussion: Are there any questions or comments?

Hallucinogens:

Types: LSD, Mescaline, etc.

Intoxication: perceptual changes, including intensified perceptions, depersonalization, feelings of unreality, illusions, hallucinations (usually visual), blending of senses, euphoria alternated with anxiety and depression, dilated pupils, increased heart beat, increased blood pressure, increased body temperature, hair standing on its ends, increased reflex reaction, restlessness, sweating, heart palpitations, blurred vision, tremors, nausea, uncoordinated movement, ideas of reference, fear of insanity, paranoia, talkativeness, impaired judgment ("I can fly.") impaired functioning

Tolerance develops

No withdrawal: this is still being researched, drug craving has been well documented, flashbacks may occur

Potential for violence: Disturbances in perception and disturbances in judgment often cause injuries or death in automobile accidents, physical and verbal escalation often occurs, death from attempts to fly occur

Discussion: Are there any questions comments?

Cannabis:

Types: Marijuana, Hashish, etc.

Intoxication: high feeling , euphoria, inappropriate laughter, grandiosity, sedation, laziness, impaired short term memory, difficulty completing complex mental tasks, impaired judgment, distorted sensory perception, impaired coordination, sensation that time is passing slowly, anxiety, depression, social withdrawal, bloodshot eyelids, increased appetite, dry mouth, rapid heartbeat, impaired immune system, decrease in EEG activity, decrease in REM sleep High Dose: similar hallucinatory effects to LSD, severe anxiety and panic attacks  
Tolerance develops

No withdrawal: this is still being researched, compulsive use may cause mental and physical lethargy, one third of users experience mild depression anxiety or irritability

Potential for violence: One third of regular users (daily) develop mild depression, anxiety and irritability; verbal escalation often occurs within relationships over possession or use

Discussion: Are there any questions or comments"?

Resources for Help:

Alcoholics Anonymous: Los Angeles 1-213-387-8316

San Gabriel 1-818-914-1861

Adult Children of Alcoholics: General Info. 1-818-342-9863

Taped Mtg. Info. 1-818-342-9885

Al-Anon (For people with alcoholics in their lives): 1-818-760-7122 Cocaine Anonymous: 1-818-447-2887

Co-Dependents Anonymous (For people involved with addicts or alcoholics): 1-213-545-2206 or 1-213-641-1346

Marijuana Anonymous: 1-213-964-2370

Narcotics Anonymous: Recorded Msg. 1-818-303-4156

San Gabriel 1-213-933-5395 Rational Recovery: 1-310-478-0776

Homework: Complete your Anger Journal for next week.

## GROUP #17 CHARACTERISTICS OF BATTERERS

Discussion: What type of person will most likely become a batterer?

There is no single "type" of batterer. Batterers come from every socio-economic level, racial group, religious group and age group. Batterers can be male or female. They can be either heterosexual or homosexual. (Sonkin: 1989)

Discussion: Any question?

Minimizing Violence:

However, there are certain characteristics that many batterers share. They all

minimize their violence. They normally feel embarrassed for what they have done. They all face criminal charges once they have their behavior made public. They normally forget or deny what they did when criminal charges have been filed against them. Also, alcohol or drugs play a prominent role in a majority of domestic violence cases.

Discussion: Is this true of anyone?

Playing Victim:

Batterers often find it easier to blame someone else for their behavior. They relish

playing the role of the victim rather than taking responsibility for their actions. When a batterer says, "He made me hit him," she is making someone else responsible for her behavior.

Discussion: Did any of you ever blame someone else for your behavior?

Dependence:

Batterers are often dependent on their partners. This can be either for financial

reasons, for cooking, for cleaning, for child rearing, etc. Interestingly, batterers are often most afraid of being alone although the battering behavior often will eventually drive their partners away. In most cases a victim will leave after the seventh battering incident. Batterers also often count on their partners to enhance their own lack of self worth. They need the victim to feel good about themselves sexually. By chipping away at their partners (physically, emotionally), they attempt to build themselves up.

Discussion: Is this true of any of you?

Jealous:

Jealousy is also a common characteristic among batterers. Often both batterers

and their partners are under the misconception notion that jealousy is a sign of love in a relationship. This is not true nor is it healthy. It is actually a sign of insecurity and possessiveness. It eventually can isolate the victim. If the victim is constantly being bombarded

with questions like, "Where have you been?," or "Who have you talked to?," or by telling her who she may call, "So don't go anywhere." Eventually a victim will

begin to withdraw from family and friends simply to avoid the inevitable argument. Other ways that a batterer isolates his victim is by constantly checking up on her or actually not letting her leave the house (taking away the car keys, disabling the car). This withdrawal behavior which is learned by the victim is called learned helplessness.

Discussion: Did any of you do this to your partners?

Low Self-Esteem:

Batterers have low self-esteem. They see themselves as worthless, and fear that

others will see them that way. They become controlling and violent with their partners as a way of punishing them when they sense they are being rejected. For example, in a healthy relationship, if one person makes a comment and his partner disagrees, normally there is a discussion. In some cases one person may change his mind, and in others, the couple may agree to disagree, and that is that. It is called having respect for your partner, or anyone else for that matter. Batterers, on the other hand, would take their partner's disagreeing with them as an attack on their self-esteem, especially if they disagreed with them in front of others. The violence which then follows only reinforces the batterer's low self-esteem.

Discussion: Is this true of any of you?

Poor Communication Skills:

Another common characteristic among batterers is an inability to communicate

effectively. This is especially true of expressing emotions verbally. They have difficulty being assertive (different from aggressive), in asking for what they want and often will "stuff" and then escalate, rather than communicate directly. It is said that women communicate more easily than men do. This may or may not be true. However, female batterers have just as much difficulty communicating as male batterers do.

Discussion: Is this true of any of you?

Fixed Ideas About Gender Roles:

Often batterers have fixed ideas about sex roles. For example: "Real women" do

all of the housework and "Real men" change the oil in their cars. Many batterers feel threatened or uncomfortable with partners who expresses themselves outside of traditional sex role stereotypes. This probably has to do with low self-esteem. Both men and women with high self-esteem have greater ease in accepting change.

Discussion: Do any of you believe that there are some things that only men do and only women do?

Do you feel uncomfortable with change?

Loners:

Often batterers are loners. They don't have many close friends. They tend to

keep their feelings to themselves. They may appear to be happy people with a lot of friends, but when it comes down to it, they actually are very guarded and don't let

anyone know who they really are. If a friend or associate discovers that they are a batterer, they (the batterer) will usually end the friendship.

Discussion: Does this sound familiar to anyone?

Explosive Tempers:

Batterers have explosive tempers. They hold their feelings inside until they

escalate. They are often unable to express their feelings because they were never taught that feelings are normal. It is violence that is unacceptable. Often batterers fear their own tempers and what they may do when they lose control.

Discussion: How many of you fear your temper?

Alcohol or Drug Problems:

A great majority of batterers have problems with either drugs or alcohol. It is

often that the drugs or alcohol will magnify their problems and exacerbate a situation.

Discussion: How many of you were under the influence of something when you last "escalated?"

How many of you escalate only when you are under the influence? What does that tell you about yourself? How many of your partners or friends wish you would stop drinking or using drugs because they are afraid of you when you do?

Feeling Out of Control:

Batterers also feel as if they are out of control in their lives. This comes from

growing up in homes where they saw violence and were unable to stop it. It also may be from being unable to control their own actions. They have learned that the only way to be in control, is to control others around them; which is, of course, totally false.

Discussion: Does this sound familiar to anyone?

Common Beliefs Amongst Batterers: Anger causes violence

Violence is a response to anger

I lost control

Violence is an unintentional loss of control

If I get angry enough, I will become violent

All men/women are manipulative  
All men are dogs  
When a man says he loves me he is lying  
All women lie  
When a women says no she really means yes  
All women think of men as paychecks  
All men think of women as maids  
If I don't control my partner, my partner will control me  
As long as I don't hit my partner it is acceptable for me to break things; its called venting  
Sometimes violence can't be avoided

All feminists are women and they all hate men My partner asks for it  
Jealousy is natural.  
It is how we show how much we love our partner I have the right to choose my partner's friends

Discussion: Any questions or comments?  
Homework: Complete your Anger Journal for next week.

## GROUP # 18 CHARACTERISTICS OF VICTIMS

### Understanding the Victims:

In order to change it is important that we learn to feel empathy. This begins with

understanding exactly what goes through the mind of the person that we have victimized. The victim of domestic violence is normally filled with anger towards his/her partner. This anger can be expressed in many different ways. It may come out in open hostility or, after time, it may eventually wind up in a gradual withdrawal and loss of love for their partner. (Sonkin: 1989)

Discussion: Have any of you noticed that this has happened in your relationships?

Often victims of domestic violence blame themselves for their partner's violence and unhappiness. This is often made worse because the batterer does the same thing. The batterer may say that the victim "asked for it" or "should know how they would react." Remember only you are responsible for your actions. No one can make you do anything.

Victims will try not to do whatever it is that sets off their partner, but they eventually learn that it doesn't matter what they do. That is when depression will often set in. The victim will often develop low self esteem because of her inability to control the violent actions of her partner. This low self esteem is made even worse by the batterer's constantly putting her down and blaming or criticizing her. Some victims become violent themselves, either as a form of self defense or as a way of controlling when the violence takes place. Some victims will purposefully "push those buttons" just to get the inevitable violence over with.

Many victims develop physical problems like back pain and headaches. They may turn to alcohol or drugs as a way of dealing with frustration; lessen the stress of living in a violent relationship or to numb the emotional pain that they feel.

Discussion: Can any of you recall your partners doing any of the things mentioned above?

Some victims may take out their anger or frustration on their children or close friends. When this occurs the victim becomes the batterer and it is important that they, too, get counseling for their behavior. It is important to note that statistics have proven that once the batterer stops his abusive behavior, so does the victim.

### Why Victims Stay With Batterers:

1. The most common reason for victims report staying with someone who is abusive is because they love them.
2. Fear. They believe that the batterer is so powerful that threats made against them or their loved ones will be carried out if they leave. They believe that the police can't protect them.
3. Batterers are usually released within a matter of hours and they fear revenge.
4. Even if it is the neighbors who report the violence, they fear that the batterer still may take it out on them; therefore, when the police show up, the incident is denied.
5. Economic dependence. Many victims put up with the abuse because for economic security.

6. Religious and cultural beliefs.
7. Usually, because of the isolation that occurs, the victim may have no place and no

one to whom they believe that they can turn for help. Also, many people feel uncomfortable being around violence, so they tend to stay away from those who have abusive relationships, particularly when they know that the victim has refused to leave in the past.

8. Staying for the children.
9. Learned helplessness.

10. In the past law enforcement and judicial authorities don't take domestic violence seriously.
11. The victim may believe that they deserve it.
12. Not knowing what services and options are available.
13. The victim knows that the honeymoon period is not far away and they don't want to give that up.
14. The victim believes that the batterer will change or that this was the last incident.
15. The victim may have grown up in a home where the cycle of violence occurred and they think that it is normal.
16. The victim may be co-dependent and may believe that he is the only one who can help them.
17. They believe that it is their fault and that if they would change the abuse would cease.
18. The victim believes that things will change for the better.
19. Some victims get used to a highly pitched emotional life and, are, themselves addicted to the intensity of the abusive relationship.
20. Fear of being alone.
21. The victim may be embarrassed to admit their situation.
22. They are in denial that they are victims of domestic violence.
23. They are afraid of what the family will think.

Discussion: Lets take a minute to review the above listed reasons why many victims stay with partners who have battered them. Can any of you identify some reasons that may be similar to your situations of make you think from another person's point of view?

#### Statistics on Domestic Violence:

Battering is the single major cause of injury to women, exceeding rapes, muggings and automobile accidents.

50-60% of all households have experienced abuse of some type.

In 15-30% it is a common occurrence (spouse abuse, child abuse, child sexual abuse, elder abuse, violence between siblings.

30% of both male and female homicides are caused by partner.

60% of battered women are also raped in their marriages.

80% of men who batter commit no other crimes.

68% of boys aged 11-20 who commit murder, murder the man who was beating their mother.

1/4 to 1/3 of all police officer deaths occur when answering domestic dispute calls. Occurrence of abuse among those who are unemployed increases by 500%.

50% of all abuse is connected with drug or alcohol use (60-80% in domestic violence) 70 % of men, who abuse, say that they saw or experienced abuse themselves as children. 90% of battered women report that their children have witnessed their battering.

95% of victims of spousal abuse are women. (statistics are now showing that men who are abused in relationships do not tend to report the abuse therefore accurate information is quite difficult to get. Also, statistics of gay and lesbian abuse are also under- reported.)

Discussion: Any comments?

Questions For a Victim of Domestic Violence:

1. Do you think that if I could only do things better or be different, my partner wouldn't get violent with me?
2. Whose responsibility do you think it is that the relationship be good?
3. Do you see yourself as worthy of the violence because you're not really a good enough person?
4. Do you fear losing the relationship if you don't put up with the abuse?
5. Does your partner drink alcohol often or abuse drugs?
6. Have you bargained for change with your partner?
7. If he has agreed to change, how long has the change lasted?
8. Are you constantly afraid of your partner or find yourself "walking on eggshells?"
9. Do you often feel tired and exhausted?
10. Do you often feel depressed or like your life is not under your control?
11. Could you provide for yourself financially if your partner were gone?
12. Do you believe that you must do everything you can to preserve the relationship because of religious beliefs?
13. Do you feel that it is up to you to get your partner to stop the abuse?
14. Do you have only a few or no friends outside of your immediate family?
15. Are you fearful about what might happen to your children if your partner left?
16. Is your partner respected outside of the home but abusive inside the home?
17. Does your partner act sweet and loving when he is not violent?
18. As a child, did you grow up seeing abuse?
19. Do you keep hoping that your partner will not become violent?
20. Do you find that you are addicted to the high-pitched emotions and intensity of a violent relationship?
21. Are you afraid of living alone?
22. What did you expect from the relationship when it started?
23. When you first met you partner did they say everything you wanted to hear?
24. How do you feel about your partner now?
25. Do you have the right not to be treated violently?

Homework: Complete your Anger Journal for next week.

GROUP # 19

RULES FOR A RESPECTFUL RELATIONSHIP AND PERSPECTIVES FROM VICTIMS

Rules for a Respectful Relationship: (Sheer: 1987) 1. I'll disagree and say and stay when I do

2. I'll comment on my reality

3. I'll take the consequences for what I say and do 4. I'll be receptive to giving and receiving

5. I'll respect and have compassion for your struggle as well as mine 6. I'll understand my need for intimacy and yours

7. I will face my emptiness

8. I will trust and tell you when I don't

9. I'll be there for you

10. I'll tell you if I am leaving

11. I'll let you know my thoughts and feelings 12. I'll be vulnerable as much as I can

Discussion: Any comments?

Perspectives From Victims: FROM: THE GAME

by: Jean HE

I've got you down, you're hurting now, you'll never rise again,  
I've slapped your face and pulled your hair, I've kicked and bruised your skin.

Your nose has bled, your eye is black, you see me and you cower,  
Your teeth are loose, your joints are stiff, I have you in my power!

I'll beat you still, you'll never leave, I think you like me more,  
I've got you hooked on little pills, your back and legs are sore.

I've thrown you out when it was cold,

and made you sleep outside,  
I've caused you pain, humiliation you almost even died!

I'll keep it up, I'll call you names and make you fix my meals,  
I'll abuse your body every day, just tell me how it feels.

I'll spit on you and rub it in,  
I'll make you squirm and then,  
Just when you think I'm tuckered out, I'll do it again!

SHE

OH, NO! You think you have me down, you think I'll stay right here,  
You think I'll keep on being beat, anticipating fear!

You're done, my friend, all done today, I'm taking nothing more  
I'm through with all your evil ways, I'm sickened to the core!

You've pulled your last foul trick on me, you'll fool me never more,  
You're all done hurting me for good,  
I'm walking out that door!

I'm gonna be somebody who can hold their head up high,  
I'm proud to be a woman,  
so I'm telling you good-bye!

You stacked the cards and dealt them out, you called each one by name,  
Your cheated, lied and stole, now friend, you're beat at your own game!

Discussion: What do you get out of these poems?

## THE SHELTER

By; M.G., S.M., M.R., D.B., C.M.

(For battered persons and their children)

He made me feel guilty for things I didn't do... I cried, apologized, begged forgiveness too.

I thought things would change if only I'd wait, I told him I loved him, but I felt hate,  
I often thought it was too late,  
I felt that each pain was my fate,

He used drugs and alcohol they are no excuse... Used them and put me through every abuse.  
I used drugs and alcohol and tried to die,  
But I came to this shelter, now I'm alive.

There is a place where I can go... There was no shelter long ago.

I came to this haven when all else did fail, And I found other women going through hell,

I've seen women sad and bruised With children who were confused.

Full of pain and hurt, full of fears, Rejection, loneliness and tears. Before I came here  
The end was so near.

He tried hard to take myself from me... Thank god and the shelter, now I'm free.

Discussion: What did you get out of this poem? ME  
By: Ursula

I see her  
and I see him.  
They seem happy as can be! Then I see you

standing hateful and grim.  
A rush flows through my soul. Is that scared somebody me?

What did I do wrong  
to live this tormented life?  
I realize now  
I wasn't meant to be your wife.  
For that means to love and to cherish 'till death do us part  
Not to batter or disintegrate  
a pure, beautiful heart.

I'm saying to you now  
It's not going to happen no more. For the lord's vow, good-bye  
I'm walking out that door!

I love me

Discussion: What did you get out of this poem?

BLIND LOVE

by: Lisa

All I could do was to love you, but you treated me cruel and made me look like a fool.

How was I to know you would be untrue, I thought you were mine, but I guess my love was blind.

Now I see I have to be free, free from all the things you've done to me. The beating, the lying, uncaring and denying, weren't as bad as the women behind me.

Your love wasn't true, so I'm leaving you! I'm no longer going to be your fool.

Yes it is true, I'm going to get over you.  
It is your loss, and my gain, for my love was in vain...

Discussion: What did you get out of this poem?

WARPED ALLIANCES By: Rylee Brown

My life  
Has been filled  
With  
Warped alliances  
Obsessions about  
You reactions, your needs, Your feelings, your wants, Your perceptions, your desires. Not that it  
is  
Wrong  
To care  
For you  
But it is  
Deadly  
To care less  
For  
Me.  
See  
What  
I  
Mean?  
Warped Alliances.

Discussion: What did this poem mean to you?

ABOUT LOVING By: anonymous

I love her. What does this mean?  
I want her to exist for me and to exist for herself.  
I want her alive.  
I want her to be and, moreover, to be in  
the way she chooses to be.  
I want her free.  
As she discloses her being to me or before my gaze, my existence is enriched.  
I am more alive.  
I cannot make my love do anything.

I can only invite and earn the disclosure  
that makes her transparent.  
I want to know my beloved, But for me to  
know, she must show.  
And for her to show her mysteries to me, she must be  
assured I will respect them, take delight in them.  
Why should she disclose herself to me if I am  
indifferent of if I plan to use her for purposes I conceal  
from her?

If she would know me, then I must wish to be known.  
I must disclose my being to her, in dialogue, so that we  
know one another apart.

If I love her, I love her projects, since she is  
their source and origin.

I may help her if she wants my help; or let her  
struggle with them unaided if this is meaningful  
to her.

If I love myself, I love my projects since they are mine.

If she loves me, she confirms me in my projects, helps me with them, even if the help consists in  
leaving me alone. If she

tries to control me, she doesn't love me. If I try to control  
her, I don't love her, I experience her as free and treasure  
her freedom.

Discussion: What did you get out of this poem?

LISTEN

By: anonymous

When I ask you to listen to me and you start giving me advice you have not done what I asked.

When I ask you to listen to me  
AND YOU BEGIN TO TELL ME WHY I SHOULDN'T FEEL THAT WAY, you are trampling  
on my feelings.

When I ask you to listen to me  
and you feel you have to do something to solve my problems, you have failed me, strange as that  
may seem.

Listen! All I asked was that you listen- not talk or do- just hear me.

Advice is cheap. Ten cents will get you both Dear Abby and Billy Graham in the same  
newspaper.

And I can do for myself. I'm not helpless.

Maybe discouraged and faltering, but not helpless.

When you do something for me that I can and need to do for myself, you contribute to my fear  
and weakness.

But when you accept as a simple fact that I do feel what I feel,  
NO MATTER HOW IRRATIONAL, THEN I quit TRYING TO CONVINCING YOU AND Can  
get about the business of understanding what's  
behind this irrational feeling.

And when that's clear, the answers are obvious and I

don't need advice.

Irrational feelings make sense when we understand what's behind them.

Perhaps that's why prayer works, sometimes, for some people, because god is mute, and he doesn't give advice or

try to fix things. He just listens and lets you

work it out for yourself

So please listen and just hear me, and if you want to

talk, wait a minute for your turn, and I'll listen to you.

Discussion: What does this poem mean to you? Homework: Complete your Anger Journal for next week.