

The Cycle of Abuse & Your Role in Weakening the Cycle

Support During Honeymoon Phase

- Maintain support and connection
- Voice concerns without judgment
- Point to specific abuse behaviors without labeling the abusive person
- Spend as much time as possible with survivor without abuser

According to the National Domestic Violence Hotline, it takes the average survivor 7 attempts to break the cycle and leave their abuser

- Abuser may minimize/deny abuse, or blame the abused person
- Reliance on social standing, charm, etc. to maintain bonds with survivor
- Use of "kindness" to create guilt

Honeymoon

Tension & Buildup

- Increasing likelihood of threats
- Higher isolation
- High anxiety for survivor
- Some survivors may purposefully trigger explosion to "get it over with"

Support During the Tension and Build-Up Phase

- Remind survivor they do not owe time/sex/commitment, etc.
- Continue to express concern
- Maintain abuser accountability for behavior

Explosion

- Peak abusive behavior
- Most likely time to see overt/extreme physical or sexual abuse
- Can be more covert as well, e.g. extreme increase in demands on target's time
- More acute possessiveness, control or verbal abuse

Support During Explosion Phase

- Prioritize emotional and physical safety
- Focus on regaining sense of calm
- Seek places to offer control/choice
- Make safety plan and course of action
- Attempt to solidify separation
- Possibility of reality check if things have "gone too far"

Pathways to Recovery from Trauma

- Opportunity to regain sense of control
- Engagement with positive social supports
- Opportunity to integrate experience
- Supportive responses from first responders
- Engagement with healthy coping strategies

What is my role as a support? Always remember to make

Support unconditionally

Privilege the survivor's experience

Avoid judgment

Care for yourself

Explore resources

Resources for survivors AND their supporters:

The Wellness Resource Center and the Butler Center both have numerous groups and workshops that develop community and build support based on shared identity and experience. Reach out to staff with questions about upcoming programs and opportunities to engage.

Below are confidential resources. There is never a bad time to bring in an outside, trained perspective to an often confusing and highly consuming situation.

Confidential Resources:

Sexual Assault Response Coordinator (SARC) Office: (719) 227-8101; 24/7 On-Call Advocate: 602-0960

The SARC is always available for consultation on any issues regarding sexual or relationship violence, you do not have to be sure that your concern "qualifies" as violence. The SARC is a confidential, an appointment does not mean a report to the school.

Student Title IX Assistance and Resource Team (START) START@coloradocollege.edu

START members are trained by the SARC on issues of sexual and relationship violence and Title IX processes.

Counseling Center (719) 389-6093

Remember that CC students have 6 free sessions at Boettcher.

Butler Center Gender and Identity Specialist (719) 389-6198

Chaplains' Office (719) 389-6638

A note on non-confidential Title IX Resources

Check out the Reporting Options and Title IX Response flow chart. Gail Murphy-Geiss is our Title IX coordinator. You can always reach out to her with questions about the process and speak in hypotheticals if you are not ready to report.