



ABUSE IS NOT LOVE

**MASTERING THE ART OF
CONFLICT IN RELATIONSHIPS:
BUILDING SKILLS TO PREVENT
ABUSE**



INTRODUCTIONS



**ABUSE
IS NOT
LOVE**

THIS MODULE WAS CREATED WITH YSL BEAUTÉ IN ORDER TO CONTINUE THEIR INITIATIVE **ABUSE IS NOT LOVE** – TO EDUCATE AND BRING AWARENESS TO INTIMATE PARTNER VIOLENCE (IPV).

IPV IS ONE OF THE MOST COMMON FORMS OF POWER-BASED PERSONAL VIOLENCE. IT IS THE USE OF **PHYSICAL, SEXUAL, FINANCIAL,** AND/OR **EMOTIONAL ABUSE** TO EXERT POWER AND CONTROL OVER A CURRENT OR FORMER INTIMATE PARTNER.



AGENDA

- INTRODUCTION
- OVERVIEW OF IT'S ON US
- WORKSHOP
 - OPENING DISCUSSION
 - UNFAIR FIGHTING
 - HEALTHY CONFLICT STRATEGIES (MAGIC RATIO & ACTIVE LISTENING)
 - SUPPORTING A FRIEND THROUGH ABUSE



**WHAT MAKES COMMUNICATION IN
A RELATIONSHIP SO DIFFICULT?**



AGREE OR DISAGREE:
REGULAR CONFLICT IS A SIGN OF
A HEALTHY RELATIONSHIP.



AGREE OR DISAGREE:
RESOLVING CONFLICT IS ABOUT AGREEING.



“ MOST [RELATIONSHIP] ARGUMENTS CANNOT BE RESOLVED. COUPLES SPEND YEAR AFTER YEAR TRYING TO CHANGE EACH OTHER'S MINDS—BUT IT CAN'T BE DONE. THIS IS BECAUSE MOST OF THEIR DISAGREEMENTS ARE ROOTED IN FUNDAMENTAL DIFFERENCES OF LIFESTYLE, PERSONALITY, OR VALUES. BY FIGHTING OVER THESE DIFFERENCES, ALL THEY SUCCEED IN DOING IS WASTING THEIR TIME AND HARMING THEIR [RELATIONSHIP]. ”

DR. JOHN GOTTMAN, PHD
FAMILY AND MARRIAGE CLINICAL PSYCHOLOGIST
PROFESSOR EMERITUS, UNIVERSITY OF WASHINGTON

THE "FOUR HORSEMEN" OF CONFLICT



CRITICISM

VERBALLY ATTACKING PERSONALITY
OR CHARACTER



DEFENSIVENESS

VICTIMIZING YOURSELF TO WARD OFF A
PERCEIVED ATTACK AND REVERSE THE BLAME.



CONTEMPT

ATTACKING SENSE OF SELF WITH
AN INSULT OR ABUSE



STONEWALLING

WITHDRAWING TO AVOID CONFLICT AND CONVEY
DISAPPROVAL, DISTANCE, AND SEPARATION.

IT'S ON
US

YSL
BEAUTE

NETFLIX

**OFFICIAL
CLIP**





IT'S ON
US

YSL
BEAUTE

CRITICISM





IT'S ON
US

YSL
BEAUTE

CONTEMPT





DEFENSIVENESS





IT'S ON
US

YSL
BEAUTE

STONEWALLING



WHAT HAPPENS WHEN WE ARE HAVING AN ARGUMENT?



OUR SYSTEM BECOMES OVERWHELMED WITH EMOTIONS.



IT CAN EVEN TRIGGER A **FIGHT-OR-FLIGHT** RESPONSE.
THIS ALL DISRUPTS REASONING AND COMMUNICATION ABILITIES.



HEALTHY CONFLICT STRATEGIES

HEALTHY CONFLICT STRATEGIES

- APPROACHING THE CONVERSATION.
- REGULATING THE CONVERSATION.
- RESOLUTION AND BEYOND.





TURN TO YOUR PARTNER(S)!



THE DISAGREEMENT



**CONFLICT
STRATEGIES:
STEP 1**

APPROACHING
THE CONVERSATION

APPROACHING THE CONVERSATION



1. IDENTIFY THE GOAL OF THE CONFLICT: WHAT DO YOU WANT TO ADDRESS?
2. COMPLAINING NOT BLAMING: TREAT THE ISSUE AS AN OBJECT THAT EXISTS APART FROM YOUR RELATIONSHIP.
3. START WITH "I" AND "WE" STATEMENTS.



**CONFLICT
STRATEGIES:
STEP 2**

REGULATING
THE CONVERSATION

REGULATING THE CONVERSATION



1. LISTEN TO UNDERSTAND. SPEAK SO YOU CAN BE HEARD
 - a. PRINCIPLES FOR SHARING: "I" STATEMENTS, COMPLAINING NOT BLAMING, JUDGEMENT-FREE
 - b. PRINCIPLES FOR LISTENING: MINDFUL BODY LANGUAGE, REPEAT IT BACK, ASK FOR MORE INFORMATION

I'm frustrated because the last few times we have gone out, we've been running late to get there.

Well, I'm usually ready to go and I end up waiting around or feeling like I need to rush you to hurry up.

I get stressed because it feels like the responsibility to get there on time is only on me making sure we're both ready and out the door.

You're feeling upset because we left late the last few times we went out, right? What about being late is upsetting you?

It sounds like you don't like waiting on me, is that fair to say? How do you feel when you have to wait on me or ask me to hurry up?

So, you feel like it's all on you to make sure that we make it to our plans on time, is that right? I'm sorry that you're feeling stressed and like it's all on you. I feel like I underestimate how long it takes to get ready. Can we come up with some strategies...



REGULATING THE CONVERSATION



1. LISTEN TO UNDERSTAND. SPEAK SO YOU CAN BE HEARD
 - a. PRINCIPLES FOR SHARING: "I" STATEMENTS, COMPLAINING NOT BLAMING, JUDGEMENT-FREE
 - b. PRINCIPLES FOR LISTENING: MINDFUL BODY LANGUAGE, REPEAT IT BACK, ASK FOR MORE INFORMATION

REGULATING THE CONVERSATION



1. LISTEN TO UNDERSTAND. SPEAK SO YOU CAN BE HEARD
2. GOTTMAN'S MAGIC RATIO 5:1

5 POSITIVE INTERACTIONS FOR EVERY 1 NEGATIVE INTERACTION
DURING A CONFLICT



APPRECIATION



ACTS OF SERVICE



VALIDATION



FUN



CONNECTION



EMPATHY



AFFECTION

REGULATING THE CONVERSATION



1. LISTEN TO UNDERSTAND. SPEAK SO YOU CAN BE HEARD
2. GOTTMAN'S MAGIC RATIO 5:1
3. TAKE DEEP BREATHS, NOTICE HOW YOU FEEL IN YOUR BODY



BODY SCAN



**REFLECTION:
HOW DID THE BODY SCAN FEEL?**



**CONFLICT
STRATEGIES:
STEP 3**

RESOLUTION
AND BEYOND

RESOLUTION



CONFLICT IS MOST OFTEN RESOLVED BY ACKNOWLEDGING EACH OTHER'S PERSPECTIVE, SEEKING TO UNDERSTANDING EACH OTHER, AND COMING TO A COMPROMISE.

TIPS



1. PICK ONE ISSUE AND STICK TO IT
2. MAKE SURE YOU UNDERSTAND EACH OTHER'S PERSPECTIVES ON THE ISSUE
3. LIST ALL POSSIBLE SOLUTIONS, EVEN THE UNREALISTIC ONES
4. PICK ONE AND TRY IT
5. REPEAT. AFTER SOME TIME, DISCUSS IF THAT'S WORKING. IF NOT, PICK ANOTHER IDEA AND TRY AGAIN

EXAMPLE



J: I feel like we haven't been spending much time together recently and I really miss you.

R: Thanks for letting me know that you miss me and you feel like we haven't spent time together. I feel the same way. What can we do?

J: Well, you still need to study because school is important. Maybe I could study with you, then we'd at least be together.

R: Thank you for that suggestion, but when we work together I get really distracted. What if instead we set aside one night a week for us time?

J: Only seeing you once a week doesn't feel like enough time. What if we also add in grabbing coffee together in between classes on Tuesdays and Thursdays?

R: I do need coffee to stay awake through Organic Chemistry...ok! Let's try it and if it's not working we can always revisit and try something else.



SIGNS OF ABUSE

WHAT IS INTIMATE PARTNER VIOLENCE?



A PATTERN OF BEHAVIOR IN ANY RELATIONSHIP THAT IS USED TO GAIN OR MAINTAIN POWER AND CONTROL OVER AN INTIMATE PARTNER. ABUSE IS PHYSICAL, SEXUAL, EMOTIONAL, ECONOMIC OR PSYCHOLOGICAL ACTIONS OR THREATS OF ACTIONS THAT INFLUENCE ANOTHER PERSON. THIS INCLUDES BEHAVIORS THAT FRIGHTEN, INTIMIDATE, TERRORIZE, MANIPULATE, HURT, HUMILIATE, BLAME, INJURE, OR WOUND SOMEONE.

- ANYONE OF ANY GENDER CAN COMMIT OR EXPERIENCE ABUSE
- ABUSE IS ONLY THE FAULT OF THE PERSON COMMITTING IT
- ABUSE IS ABOUT POWER, DOMINANCE, AND CONTROL

9 SIGNS OF ABUSE



Nº1 **IGNORING** YOU ON DAYS THEY ARE ANGRY

Nº2 **BLACKMAILING** YOU IF YOU REFUSE TO DO SOMETHING

Nº3 **HUMILIATING** OR PUTTING YOU DOWN

Nº4 **MANIPULATING** OR COERCING YOU INTO DOING OR SAYING SOMETHING

Nº5 **JEALOUSY** OVER EVERYTHING YOU DO

Nº6 **CONTROLLING** WHERE YOU GO OR HOW YOU LOOK

Nº7 **INTRUSION** BY GOING THROUGH YOUR PHONE OR TRACKING YOUR LOCATION

Nº8 **ISOLATING** AND CUTTING YOU OFF FROM FRIENDS AND FAMILY

Nº9 **INTIMIDATION** BY CALLING YOU CRAZY AND INSTILLING FEAR

J: You never spend any time with me anymore. I really miss you.

R: I'm sorry you feel hurt but it's really not about you. I'm just busy with school. I thought you would be able to understand that.

J: Sure, school is so much more important than me. If you're so smart, why do you need to spend so much time studying? Shouldn't you be able to manage your time and prioritize me?

R: I make you a priority! I prioritized this conversation. Are you sure this isn't really about you being jealous because you're not in the program and I am?

J: I'm not jealous, I just thought you cared about me. You still have time for Jess and Jaimee. If you actually care about me, stop spending so much time with other people and make time for me.

R: You're acting like I don't miss you too! This isn't even worth talking about anymore because clearly I'm the bad one here.



J: You never spend any time with me anymore. I really miss you.

R: I'm sorry you feel hurt but it's really not about you. I'm just busy with school. I thought you would be able to understand that.

J: I get that school is important but it just feels like you are not making me a priority anymore.

R: I make you a priority! I prioritized this conversation. Are you sure this isn't really about you being jealous because you're not in the program and I am?

J: I'm not jealous, I just want to spend time with you! Is that so hard? Do you NOT want to spend with me? You're putting everything else before me.

R: You're acting like I don't miss you too! This isn't even worth talking about anymore because clearly I'm the bad one here.

SUPPORTING A FRIEND THROUGH ABUSE: **KNOW THE FACTS**



- TELLING A FRIEND TO LEAVE THE PERSON ABUSING THEM CAN MAKE IT MORE LIKELY THAT THEY WILL STAY. INSTEAD, WE CAN OFFER THEM SUPPORT AND SHARE RESOURCES THAT EMPOWER THEM TO MAKE SAFE DECISIONS ABOUT THEIR RELATIONSHIP
- ON AVERAGE, IT TAKES 7 BREAKUPS FOR AN ABUSIVE RELATIONSHIP TO END
- LEAVING IS THE MOST DANGEROUS TIME FOR A PERSON WHOSE PARTNER IS ABUSING THEM

SUPPORTING A FRIEND THROUGH ABUSE: **WHAT TO SAY**



1. FLAG

- "I WANT YOU TO BE SAFE."
- "THIS IS IMPORTANT."

2. VALIDATE

- "THANK YOU FOR TRUSTING ME WITH THIS."
- "YOU DON'T DESERVE THAT. YOU DESERVE TO BE RESPECTED."

3. CONNECT

- "YOU ARE NOT ALONE."
- "YOU HAVE RESOURCES."

SUPPORTING A FRIEND THROUGH ABUSE: **CONNECT**



NATIONAL

- DOMESTIC VIOLENCE HOTLINE
 - 1.800.799.SAFE (7233)
 - CHAT: THEHOTLINE.ORG
 - TEXT "START" TO 88788
- LOVE IS RESPECT
 - LOVEISRESPECT.ORG
 - QUIZZES!

LOCAL SERVICES

- CENTERS.RAINN.ORG

CAMPUS SUPPORT

- TITLE IX, HEALTH CLINIC, THERAPY

SUPPORTING A FRIEND THROUGH ABUSE: **SAFETY PLANNING**



FROM THE EXPERTS:

“WHAT MAY KEEP A SURVIVOR SAFE IN ONE INSTANCE CAN INCREASE HARM AND RISK OF DANGER IN ANOTHER.”

– DOMESTIC VIOLENCE TRAUMA THERAPIST, NORTHERN VIRGINIA

SAFETY PLANNING:

A PERSONALIZED, PRACTICAL PLAN TO IMPROVE YOUR SAFETY WHILE EXPERIENCING ABUSE, PREPARING TO LEAVE AN ABUSIVE SITUATION, OR FOR AFTER YOU LEAVE.

– [THE DV HOTLINE](#)



WANT TO LEARN MORE?

GO TO ITSONUS.ORG



QUESTIONS?



THANK YOU!



POST TRAINING SURVEY