SURVIVAL BEHAVIOR PATTERNS

Blaming
Blaming oneself or other external circumstances for another’s behavior.

Seeking Outside Support
Turning to friends to talk to, finding a “new love”, going to church, etc.

Seeking Legal Protection
Filing restraining orders, calling police or getting separated/divorce.

Nagging
Constantly asking for needs to be met (help around the house, spend more time at home, etc.)

Anger Outburst
Can not take it any more... yells, hits, cries.

Withdrawal & Physical Avoidance
Pulling away from affection, keeping a physical distance, sleeping a part, having no desire for intimacy.

Depression

Lying & Manipulation
Talking to friends or going out secretly, saving money without him knowing, making up scenarios to avoid an altercation.

1992 - Designed by Lisa (Davidson) Rivera and Beth Einsman in collaboration with the participants in the women’s Developing Options to Violence Program through Child and Family Services, Honolulu, Hawaii.