Cycle of Abuse

OWNERSHIP & ENTITLEMENT

The beliefs at the root of the cycle underpin the rules.

BIDERMAN BEHAVIOURS

The Biderman Behaviours control to keep the rules in place.

OWNERSHIP & ENTITLEMENT THREATENED

The rules are broken:
1. On purpose.
2. By accident.
3. Changed

Winds self up to justify using violence.

PSYCHS SELF UP

Ends up in a state that appears angry.

PSEUDO ANGER

Uses violence, aggression, smashes things.

THE ALL-MIGHTY

Uses acts of extreme power (e.g. violence or aggression) to convince us that they have all the power.

Refuses to take responsibility for actions.

MINIMISATION DENIAL BLAME

The Brainwasher

Keeps us focussed on them. Doesn't give us time or space to think. Keeps us confused.

Apologises. Promises to change.

THE NICE ONE

The Nice One

Confuses us by being nice. Makes us feel like things are getting better. Makes us feel like all the awfulness is worth it.

Rules

Rules broken

The All-mighty

I'll get help

Look after me

www.ownmylifediscovery.org