

Domestic Violence debrief questions.

The following questions are intended to relate to the domestic violence unit. There are multiple possible answers for some questions. Some questions will have clear right-wrong answers, while some have more nebulous/open-ended answers. It is ok to use your notes on this.

In the mind of a victim

1. Why might a victim not see themselves as a victim early in the situation?
2. Why is a victim afraid to leave?
3. Think of the poem from day 1 of the unit. The line which kept repeating was 'Because he gave me flowers today.' What does this line say about the victim's mindset and reluctance to leave?
- 4-8. How do survivors cope with abuse (name all five)

In the mind of an aggressor

9. Aggressors claim they lost control. What can we say to prove that aggressors are always in control, even while being violent?
10. What are some things an abuser might control?
11. How might an aggressor try to intimidate their victim?
12. Why might an aggressor try to intimidate their victim? (in other words, what message are they trying to send?)
13. What is gas lighting?
14. How might the aggressor use gaslighting as a form of control?
- 15-17. How might an abuser go about trying to isolate their victim? Identify three.
18. What is the goal of emotional abuse?
19. How does guilt in a normal person (victim-directed guilt) differ from guilt in an abuser (self-directed guilt)?
20. In the Cycle of Domestic Violence, in the mind of the aggressor, what is the goal of guilt?
21. In the Cycle of Domestic Violence, in the mind of the aggressor, what is the goal of rationalization?
22. In the Cycle of Domestic Violence, in the mind of the aggressor, what is the goal of returning to normal behavior?
- 23-27. What are the five stages an aggressor experiences in the Separation Cycle?

General questions

28. What behavior from a person might be a warning sign that they are in a domestic violence situation?
29. Who can domestic violence be between (friends? intimates? strangers?)
30. Which gender is most often (albeit not always) the aggressor?
31. How can a victim get help for themselves?
32. How can a friend help a victim seek help?
33. What is domestic violence? (define it without using the words 'domestic' or 'violence')
34. What is emotional abuse? (define it without using the words 'emotional' or 'abuse')
35. Where does domestic violence occur?
- 36-37. What two things are necessary for a trauma bond?

More open-ended questions (triple points)

38. Why are men more likely to be the aggressors than women?
39. What might be the lifelong impact on youth who witness/hear abuse
40. What can (should) society do to reduce domestic violence?
41. Currently there is not any national law governing domestic violence crimes. There are state laws, and different states treat the same charges differently. Do YOU feel there should be a national law, and WHY yes or no?