

# Hyde County Hotline

**24 Hour Crisis Line 252-925-2500**

August 2016

## A Deadly Cycle

The four stages of an abusive relationship that can happen over and over— until you stop them.

July 02, 2014 By domesticshelters.org

To think that the victim is responsible for, or provokes, an assault is tantamount to believing that a bank is responsible for being robbed because it has money.

—Luther Kim

Survivors of domestic violence—as well as their friends and family—will tell you they’ve heard these excuses so many times before, they’ve begun to sound like a broken record.

It’ll never happen again.

He says he’s really sorry.

He’s just stressed out right now.

It’s my fault I made him angry—I should be a better partner.

He’s only controlling because he loves me.

These excuses fall into what’s called the Cycle of Abuse, a four-stage pattern that abuse takes sometimes hundreds of times over in an abusive relationship, according to the Centre County Women’s Resource Center, an advocacy group in State College, Pennsylvania for survivors of abuse.<sup>1</sup> An abuser can cycle through these four stages in anywhere from a few hours to a year or more.

### Cycle of Abuse

First, tensions build and the victim can become fearful. The victim may feel it’s her duty to placate her abuser. Next, there is an incident. This can be verbal, emotional or physical abuse backed with anger, threats and intimidation. After this comes reconciliation, the excuse stage. The abuser apologizes, blames the victim or denies the abuse occurred at all. Finally, the calm stage; the incident has been forgiven and, for a while, things seem perfect. Until, of course, the first stage starts all over again. Tensions build and soon, another incident will occur.

The length of the cycle usually diminishes over time, warns the Center’s website, and the “reconciliation” and “calm” stages can disappear completely, leaving only violence behind. Many victims are either too ashamed or too fearful to leave their abuser, convinced that they let it go on too long, or that it was their fault the abuse started in the first place.

Or, the victims may be convinced they are in love with their abuser. “Survivors feel like [the abuser] is a person they can change. This is not love—it’s traumatic bonding,” says Yvette Lozano, director of intervention and emergency services with the nonprofit Peace Over Violence.<sup>2</sup> She says the cycle of violence is something that can be passed down to children as well. “Children witness this growing up, and they feel like this is normal and this is how relationships are supposed to be. That’s why we educate teens so they know what is a healthy relationship and what’s not.”

<sup>1</sup> <http://ccwrc.org/about-abuse/about-domestic-violence/>

<sup>2</sup> [www.peaceoverviolence.org](http://www.peaceoverviolence.org)

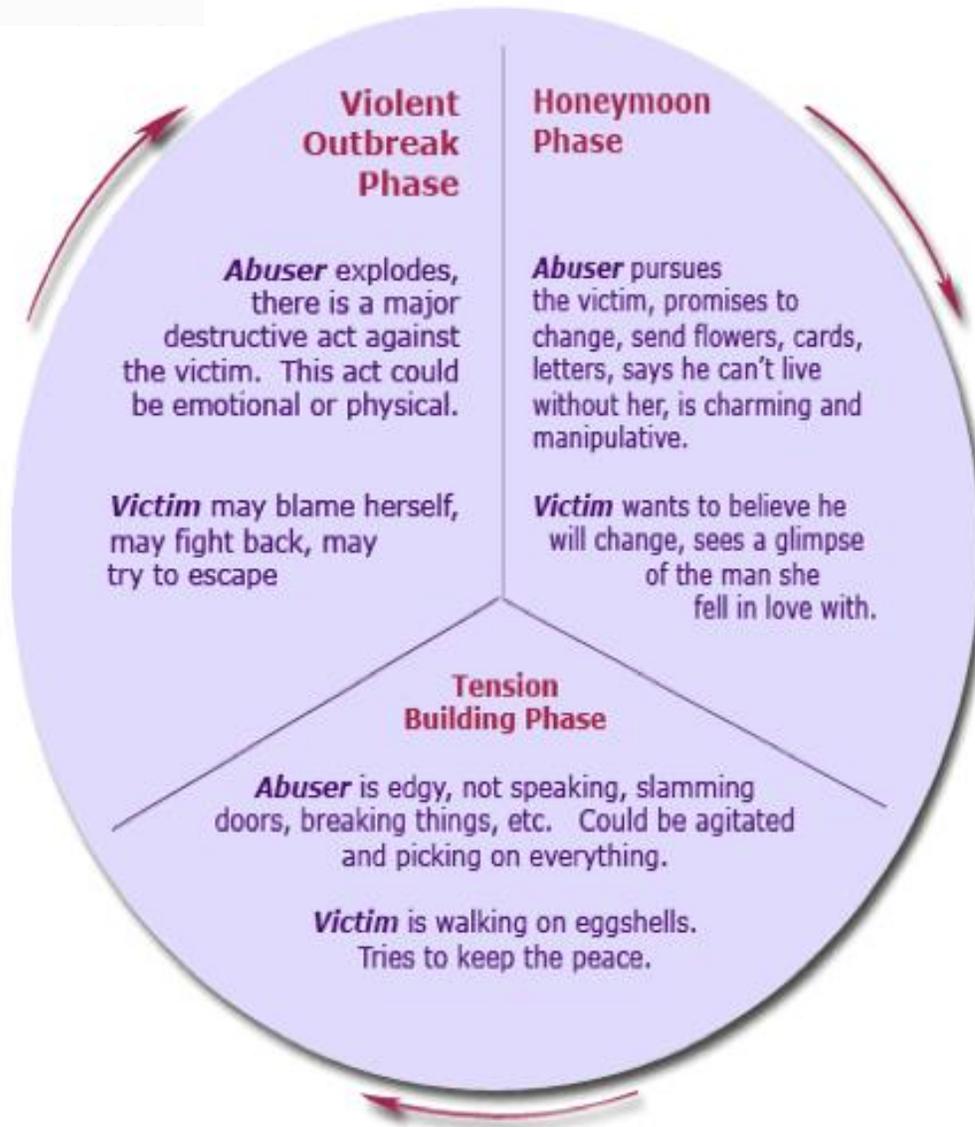
<https://www.domesticshelters.org/domestic-violence-articles-information/faq/a-deadly-cycle#.V5ESUo-cGUL>

Want to learn more about being a Hyde County Hotline Crisis Line or Shelter Volunteer?  
Let us know. 252-925-2502

**DOMESTIC VIOLENCE HOMICIDES IN NC**  
**from January 1 – July 5, 2016**

**27 Murders**

<http://www.nccadv.org/homicides-2016>



The Cycle of Violence is a pattern of abuse in intimate relationships that escalates over time. Not only does it continually repeat itself in an abusive relationship, it also repeats itself by emerging later in the relationships of people who experienced and witnessed violence in their home growing up.

The cycle of violence is not present in all abusive situations, but it is common. Some victims report that they did not go through these cycles nor do they identify with them. However, that does not change the fact that abuse happened or make their abusive situation less than others.

If you experience the Cycle of Violence, typically your partner seems to be the person you love shortly after the last abusive incident. You hope this time will be different, that he or she will really change. When your partner becomes violent again you may think something you did caused the violence and that if you change your behavior the abuse will end.

The important thing to remember is IT IS NOT YOUR FAULT. You are not responsible for someone else's behavior, and you do not deserve the abuse.

After several attempts to end the abuse fail, you may feel helpless and unable to make any changes in your situation. Over a period of time the violent acts happen more often and usually become more severe, unless the cycle is broken.

**How you can help...**

- \*\*Donate to our Thrift Stores – call us for pick-up of large items 252-925-2502 (all donations are tax deductible)
- \*\* Tell others about us    \*\*Subscribe to our monthly newsletter
- \*\*Monetary donations are accepted: PO Box 335, Engelhard, NC 27824
- \*\*Become a volunteer    \*\*Ask about presentations for your civic group or business

We're on the Web!  
Visit us at:  
[www.hydecounthotline.org](http://www.hydecounthotline.org)



**6<sup>th</sup> Annual Winter Event**

If you are interested in helping with this year's Winter Event, please contact Hyde County Hotline at 252-925-2502. Sponsorship options and Sponsor Tables will be available this year and Auction Items are also needed. More information will be available on our Facebook page and website soon.

**Prevention Outreach Coordinator**

Hyde County Hotline is now accepting applications accepted through August 15, 2016.

Candidates must have NCDL and vehicle (travel required). A criminal background check must be provided. Flexibility, dependability and confidentiality required. Must possess the ability to interact with the public, provide programming to various organizations, faith-based community, schools and other agencies. Candidate must demonstrate computer proficiency (Excel, Word and Email).

Call 252-925-2502 for applications.

Volunteers are vital to the organization's overall functioning and success. Hyde County Hotline is a private, non-profit organization in Hyde County dedicated to promoting dignity, respect and safety at home resulting in safer communities. All proceeds from the thrift stores go to support the Hyde County Hotline mission. All donations are tax-deductible and tax donation forms will be mailed to you from Hyde County Hotline.



## Strangulation Can Leave Long-Lasting Injuries

### One of the most lethal abuser tactics explained

April 04, 2016 By domesticshelters.org

The power of controlling a victim's next breath makes strangulation a frequent tactic for abusers. It can take less than 10 seconds for a person to lose consciousness as a result of strangulation, and death can occur in just under five minutes.

According to the Training Institute on Strangulation Prevention, nearly four in five victims of strangulation are strangled manually (with hands). And almost all, or 97 percent of strangulation attempts, also involve blunt force trauma.

The injury from strangulation cuts deeper, however, to include psychological injury (PTSD, depression, suicidal ideation, memory problems, nightmares, anxiety, severe stress reaction, amnesia and psychosis), neurological injury (facial or eyelid droop, left or right side weakness, loss of sensation, loss of memory and paralysis) and even delayed fatality.

### What You Can and Can't See

For those in the survivor's support circle, spotting strangulation is not easy. Neck lesions are not always present. But, other recognizable symptoms of strangulation can include changes in one's voice, neck pain, difficulty swallowing or breathing, ear pain, vomiting blood, vision change, tongue swelling, bloodshot eyes, lightheadedness or, in the case of pregnant victims, miscarriage.

During a strangulation assault, the pressure applied to the neck impedes oxygen by preventing blood flow to and from the brain. The trachea can also be restricted, making breathing difficult or impossible. The combination can quickly cause asphyxia and unconsciousness.

While victims of strangulation may never lose consciousness and many regain it after losing it, that doesn't mean that damage has not been done. Even the temporary lack of oxygen can cause brain damage and other life-threatening injuries.

Nearly three in four survivors in a study by the Maine Coalition to End Domestic Violence did not seek medical attention after being strangled, perhaps out of fear of exposing the abuse or not realizing that without proper medical care, strangulation can lead to death days or even weeks after the attack. *Cont'd on page 5*

### OUR MISSION:

The purpose of Hyde County Hotline, Inc. is to work to eliminate domestic abuse and sexual victimization and provide safe shelter in Hyde County, North Carolina through the collaborative efforts of a compassionate community. We promote dignity, respect and safety at home resulting in safer communities.

## Strangulation Can Leave Long-Lasting Injuries *cont'd from page 4*

### Strangulation as a Homicide Predictor

While strangulation can occur at any time, some evidence indicates that it may tend to occur later in an abusive relationship. Also, survivors who show signs of strangulation most likely represent a higher risk for major morbidity or mortality.

“Most abusers do not strangle to kill. They strangle to show they can kill,” says Gael Strack and Casey Gwinn in the American Bar Association’s Criminal Justice. However, it is important to realize, “When a victim is strangled, she is on the edge of homicide.”

In fact, a study published in the Journal of Emergency Medicine found that women who survive strangulation by their partner are seven times more likely to be the victim of an attempted homicide, and eight times more likely to be a victim of homicide.

### How to Survive Strangulation

Law enforcement officers are trained on how to save themselves should an assailant try to choke or strangle them. These tips can be applied to survivors of domestic violence as well. If you’re being strangled:

Try to stay calm.

Protect your airway. If possible, try something called the “turtle shell technique” where you tuck your chin down and raise your shoulders up to help support your neck.

Once released, try to escape from your abuser and call 911 before a second strangulation attempt is made.

As a last resort, you can try collapsing and going limp, giving the impression your abuser succeeded, in order to hopefully release their grip.

Always seek medical attention after a strangulation attempt, even if you feel like you haven’t suffered any lasting effects. There may be internal injuries that aren’t visible.



<https://www.domesticshelters.org/domestic-violence-articles-information/strangulation-can-leave-long-lasting-injuries#.V5ENLo-cGUk>

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