



Chart courtesy of
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Sources:
Duluth Domestic Abuse
Intervention Project, Duluth, MN
Getting Free, Ginny NiCarthy ©1986
Seal Press, Seattle, WA

❖ Myths & Facts about Domestic Violence

The following are some myths—and the facts—about domestic violence.

Myth #1

Domestic violence does not affect many people.

Fact: Nearly one in three adult women experiences at least one physical assault by a partner during adulthood. (American Psychological Association, *Violence and the Family: Report of the American Psychological Association Presidential Task Force on Violence and the Family*, 1996.)

Myth #2

Battering is only a momentary loss of temper.

Facts: Battering is the establishment of control and fear in a relationship through violence and other forms of abuse. The batterer uses acts of violence and a series of behaviors, including intimidation, threats, psychological abuse, isolation, and others, to coerce and control another person. The violence may not happen often, but it remains as a hidden and constant terrorizing factor. (Uniform Crime Reports, Federal Bureau of Investigation, 1990.)