



rape and abuse crisis center

advocacy. counseling. education.

Common Characteristics of Batterers

- Batterers are often grandiose, over-identifying with their strengths, and ascribe to traditional and cultural sex-role stereotypes. They exhibit an exaggerated sense of worth and power and feel entitled to what they want when they want it.
- Many batterers grew up in violent homes. By witnessing violence between their parents, individuals who batter very often develop a belief system that allows them to use violence in certain situations.
- Batterers are generally very self-absorbed and are only able to identify their own needs, wants, and desires and not those of their spouse, partner, or children. Their belief system allows the use of violence to get their needs, wants, and desires met.
- Batterers are often low on assertiveness skills and have trouble expressing their needs, wants, and desires verbally. They then become aggressive, manipulative, and demanding, often using force to get their needs met.
- Batterers generally avoid and deny personal responsibility and consequences for the behavior, moods, and words. It is common for batterers to blame their violence on the victim or the situation... "The devil made me do it."
- Batterers often appear independent, strong, and secure, yet are usually emotionally dependent on their partner. The partner is repeatedly told that s/he is not needed, but the batterer is terrified when the partner finally leaves.

Warning Signs of Abuse

1. Grew up in an abusive family
2. Gets into fights with other individuals besides partner; fights in bars, sporting events, etc.
3. May have an arrest record involving assaults
4. Outbursts of temper for little or no reason

24-hour Crisis Line (701)293-7273
www.raccfm.com

07/12

This material may be reproduced provided credit is
given to the Rape and Abuse Crisis Center.

F: Education/Revised Handouts/Common Characteristics of Batterers.

5. Does not know how to appropriately deal with stress or anger
6. Moods change quickly
7. Has difficulty expressing feelings, except anger, and anger is expressed inappropriately; tries to make others feel responsible for his feelings
8. Does not have good communication skills. Couples with poor verbal communication will experience more violence than those with good verbal communication.
9. Blames others for his actions; denies his actions; does not accept responsibility, but tries to make others feel guilty about causing his actions
10. Lacks self-confidence
11. Is a very traditional person; thinks women should be submissive, non-assertive, passive, obedient, etc.
12. Believes the man should make all the decisions; controls where you go, who you can go with, what you do, what you wear, who you can talk to, etc.
13. Is a possessive individual; he's not just jealous, he thinks he owns you
14. Wants control over your actions, thoughts, feelings
15. Tries to isolate you from family and friends
16. Criticizes you, puts you down, calls you names, humiliates you
17. Believes hitting is an acceptable and okay form of discipline
18. Cruel to animals or pets
19. Has a poor self-image
20. Abuses drugs and/or alcohol