

## INTRODUCTION

A deranged yet normal-looking woman on a slow burn and with a long grudge bought a gun, learned to use it, went to her ex's home, and then shot him five times. He miraculously survived. Imprisoned, she knew it wasn't her fault because it takes two to tango. (Peter Cook; *Abused Men*, Second Edition, 2009). This woman has no conscience. This is abuse of a man by a woman.

I grew up downstream from all kinds of abuse. Screaming, hitting, and being accused of bizarre misdeeds I could not follow, including skimming pennies. I was put in harm's way by neighborhood thugs and abandoned on shopping outings. My mother sang horrifying songs of men being tortured, bled the holocaust, controlled me with scare tactics, opened my mail, and picked through my trash. She toxified all and everyone against me with bad talk: relatives, teachers, neighbors, parents of friends. I watched this woman verbally and emotionally abuse my pitiful father for my entire life. On his deathbed, he pleaded with her to stop yelling, complaining, criticizing, blaming, and correcting like a crack-head with a bullhorn. He died the way he lived.

How does a romantic relationship that starts as an exciting, uplifting romance too quickly degrade into a household of hate and horror? What makes it turn? Why do some women deliberately hurt the men they claim to have once loved? Does a God govern this, a higher power, nature vying with itself? Why does a woman come to believe that she knows

how to run the man's life better than he does, especially when managing her own life is fraught with strife, conflict, unhappiness, and addiction? Why would a female boss bully a male subordinate, fire him without due process, or make him look bad in front of co-workers?

What is the tipping point of internal change that allows a man to stop allowing abuse into his life at home, at work, or anywhere else? How is this change affected?

Tutoring men through accessible, actionable guidelines to free themselves from abusive women is *The Unseen Side*.

Abuse of men by women? Go ahead, raise an eyebrow. One in two women and one in four men have experienced some form of physical violence by an intimate partner. This includes a range of behaviors such as slapping, shoving, pushing, and, in some cases, might not be considered "domestic violence," such as bullying with anger. (Nation Intimate Partner and Sexual Violence Survey, 2010.) Slightly more than 50% of the time, the woman swings first in domestic violence incidents involving men.

Take Genesis Chapter 39. It's a story of the abuse of a man by a woman who made a false accusation to the police about him. Joseph, a former slave, rose to leadership in the house of Potiphar, the captain of the Egyptian king's guard. Joe was good-looking and built. Mrs. Potiphar came at Joe looking to hook up. But Joe wisely said, uh, "No!" to this proposal. He chose not to sin against the God of Israel or betray his boss. Good thinking, right? So, Mrs.

P., the woman scorned, who hath fury greater than that of hell (William Congreve, 1697), falsely accused Joe of trying to rape her. He was consequently unjustly imprisoned. (An example of abuse of men by the system.) Joseph would have been prudent to have an escort under his employment while in Mrs. P's presence at all times. Maybe Mrs. P. threatened to make false accusations to get Joseph to comply with her wishes. He would have been prudent to record these threats surreptitiously had he an iPhone at the time.

The purpose of *The Unseen Side* is twofold. First, it is to get men away from abusive relationships and into healthy, happy ones. Second, to nudge social fabric toward treating **all** people equally and decently, abandoning antiquated, harmful, abusive stereotypes of men.

Stories? Readers, rightfully, are fascinated and informed by true crime stories, books, and movies based on true events, looking into the lives of others. (Book: *With One Shot: Family Murder and a Search for Justice*, Dorothy Marcic, 2018. A woman buries five husbands and benefits financially from three of them. Question: who did what, exactly? Movie: *The Lives of Others*, 2006. In 1984, East Berlin, an agent of the secret police conducting surveillance on a writer and his lover, finds himself absorbed by their lives.) These books deliver an education about learning from the mistakes of others.

After many years as a clinic director and mental health therapist interviewing troubled souls seeking relief from the pain of living, I recognized a pattern of men being abused by women. Their stories: shocking, horrifying. The core true stories recounted herein of abused

men contain no-nonsense coaching interwoven within them. You can execute this coaching to get away from abusers and not go back.

These stories recounting abuse are both captivating and dreadful like watching a house on fire. While leaving the marital home, one woman uprooted all the tomato plants from the couple's garden. She also unspooled all the toilet paper in the house and made a wet pile of it. How do people even think of these things? There are no good answers. But there is a cure.

Men *can* exit bad relationships and *not* enter into new bad ones. The difference between humans and animals is that humans have free will. We do not ***have to*** follow the call of the wild. It's a choice. It might be as hard as an alcoholic to stop drinking. If I don't believe that a man can change, I cannot come to work in the morning.

Can sense be made out of nonsense? Most couples bicker. How does typical bickering escalate to a point where a woman strikes a man, makes a false police report against him, slaps children, wastes money, and fuels rage with alcohol? What goes through the person's head that allows the use of violence to solve a domestic quandary? There are plenty of explanations and one solution: find the courage not to bicker and to evade abuse.

Here's a mindless stereotype we want eliminated: if a man has been abused, he must have done something to deserve it. This bias is deeply embedded in the national psyche.

Educating the world that the abuse of men by women is wrong is a long overdue Herculean task.

Here are two social changes we have witnessed. Smoking cigarettes, once cool, is no longer cool. Solar panels, once dorky and disrupting the appearance of buildings, are now smart, edgy, and integrated into the design. They say money happened. We can do this for bad myths about men.

Real stories are powerful change agents. People forget lectures and remember stories. What happens next? What is the outcome? I can define the Yiddish term “Gevalt!” Moments later, it’s gone. But if I illustrate the meaning, show it, paint it, slam a punchline in a story, you will never forget it. You will see it in your mind’s eye forevermore. (“Gevalt” is an ultimate exclamation of alarm.)

This is how these true stories, coaching, and commentary heal the souls of abused men.

## CHAPTER ONE

## WHY THIS BOOK?

This book is about men who have been abused by women.

The abusive woman could be their girlfriend, their wife, a casual associate, a coworker, an employee at a nearby club or business, or even a police officer or city official. The abuse can be emotional, financial, verbal, or all of the above. It can come in the form of continuous provoking, drug use, physical violence, or a host of other forms.

Silent treatment, slamming cupboard doors, causing “accidents,” storming out of the room, admonishing the man in public over a perceived transgression, however slight, physically striking the man, losing important or valuable articles: these are some of the abusive patterns we recognize all too well. A woman obsesses over some minor detail all day long and when she comes home (or he gets home), lays into the man with a litany of complaints about him. Or she agrees to financial goals for the family and then wastes a great deal of money on frivolous, unnecessary purchases, many of which simply gather dust after they are acquired. Or a woman whose income is important for the family’s welfare precipitously quits her job because she got angry with her boss, a boss with whom she was in constant conflict. Men also do such things, or worse. When women do them, it usually goes unnoticed, unreported, and uncorrected.

This book is meant to call attention to a situation that has been untold, undiscovered, and unrevealed.

## What Is Abuse and Why Is It Abusive?

- **Physical abuse** is easy to see and quantify. It is one person inflicting physical harm on another. It involves cruelty and violence.

- **Emotional abuse** lacks the physical component but is no less cruel. This kind of abuse damages a person's self-image or self-esteem. Emotional abuse can take the form of manipulative or controlling behavior or words or actions that deliberately provoke negative emotional responses in the victim. Through belittling comments, harsh treatment, snide, sarcastic language, incessant criticism, the abuser wears the victim down, diminishing his self-worth.

- **Verbal abuse:** A component of emotional abuse: yelling, name-calling, criticizing, blaming, saying something nasty and then leaving the room, embarrassing the man in front of friends or colleagues, or provoking the abused into a confrontation.

- **Financial abuse:** Spending money in ways that impoverish the abused or place significant financial burdens upon him or his family. Wasting money with the conscious or unconscious intent of provoking alarm, fear, or anger in the abused. Financial abuse can defeat the victim's legitimate desire to provide for family security, housing, education, medical care, and other needs of daily living.

- **Sexual abuse.** It is difficult to conceive of a woman doing this to a man, but it happens and more often than you would imagine. It can start as aggressive sexual behaviors, leading to coercing or forcing a man into sex against his will. In some cases, women can inflict

physical pain or humiliation on the man in the course of this and, in extreme cases, actual rape. In other cases, sexual abuse involves erratic or perverse sexual behaviors that may begin as pleasurable or exciting but lead to abusive, humiliating behaviors in sexual situations.

Aggressive, hypersexual partners may seem desirable, but women in the stories in this book who are sexually forward or have intense sexual appetites become abusive. What begins as thrilling bedroom fireworks soon gives way to abusive patterns. Women or men with these vital sexual behaviors weaponize sex as an instrument of control. In some cases, a sexual partner may seek affairs outside of the relationship, leading to lies and betrayals, all of which can be extremely damaging emotionally to the other partner.

**•What is abuse? When a partner or spouse:**

- Withholds approval, appreciation, or affection as punishment
- Criticizes, name calls, or shouts
- Takes away your car keys or money
- Regularly threatens to leave or to make you leave
- Threatens to hurt you or a family member
- Punishes your children when angry at you
- Threatens to kidnap the children if you leave
- Abuses or hurts your pets
- Harasses you about affairs they imagine you are having
- Manipulates you with lies and contradictions
- Destroys furniture, punches holes in walls, breaks appliances
- Wields a gun/knife in a threatening way
- Hits, kicks, shoves, punches, bites, spits, or throw things when upset



- **Wastes money.**

- **Jan Brown, executive director and founder of the Domestic Abuse Helpline for Men**

## **Why This Topic?**

Stopping abuse is the big reason.

Stories of abuse were told to me by my patients. For many years, I have provided mental and emotional health counseling as a licensed social worker in the State of Michigan. I bring stories of abused men from outside my practice as well.

Stories create awareness of the issues men face. They must be told to help eliminate abuse. The writers see their lives as cautionary tales. Their stories empower victims to come forward in an effort to end abuse.

It's outrageous that crimes and injustices could be committed against men for which they had no recourse, no hope of recovery, no legal protection. I feel a professional obligation to do what I can to rectify these injustices. Through consultation with my peers, patients, and colleagues, the idea of compiling these stories into a book with coaching and commentary emerged.

Men were being abused by women the same way that women have been abused by men. Abuse against men has been hidden.

Part of the problem is that men's stories were so troubling that no one would believe them.

Consider the following example:

A man comes home and uses his key to open the door into his darkened kitchen. He is immediately hit on the head with a blunt object, knocked to the floor, unconscious. The police arrive, called by a neighbor. The man is handcuffed, arrested, tried, and convicted of domestic violence, and sentenced to six months of probation. The abuser receives no punishment and suffers no consequences. Most readers will think, "Something else must have happened. What did the man do to deserve this? There must be another side to this story." What did he do? He forgot to call his girlfriend to say he would be home late. There is a mandatory arrest law in domestic violence cases in some states, and the police will not arrest a woman.

My professional interest in this subject lit up one day. A man in his late thirties came into my office. His story unfolded. A nice-looking man, Mr. Y., slight of build and stature. Educated and employed as an engineer, troubleshooting and repairing hardware for industrial America. Mr. Y. was married to an extremely good-looking woman with whom he had two children, one of whom had troubling medical issues. Mr. Y had moved to this part of the country from another region so his wife could be closer to her family.

During a counseling session with both Mr. Y and Mrs. Y present, Mrs. Y was inappropriately flirty. It was revealed that she had been in and out of psychiatric hospitals and had cheated on Mr. Y. multiple times. She seemed to have no remorse. Mrs. Y would move out of the marital home for months at a time, sometimes to live with other men. During more than one of these absentee periods, Mrs. Y broke into the former marital home, stole some of Mr. Y's possessions, and sold them to buy drugs. The police did nothing about the break-ins,

her physical abuse of Mr. Y., or her fencing of stolen property because this was, according to them, “a domestic matter.” Mr. Y. did his best to take care of his young family. Nevertheless, he became depressed, trying to cope with the stress of his abusive wife, the demands of his work, and the needs of his children.

Other examples:

- A big, strong guy in the military is beaten badly by a small, slight woman who knows martial arts.

- A woman stabs a pencil through her partner’s cheek while he is sleeping, then bashes her own head against the doorframe and calls the police. He is arrested for domestic violence.

- A man is forced to sell his furniture store because both his wife and daughter are beating him.

- A man is being abused by his wife, who scratches him, throws things at him, points a gun at him, breaks his eyeglasses, and flushes his medications down the toilet, among other things. He stitches a cut on his arm himself, with a needle and thread, because his wife cut him and he doesn’t want to go to the hospital. (Having been a medic in the military, he has the knowledge and skill to do this.)

- A woman wastes money on frivolous things and tells the children she is doing this just to anger her husband.

## **How This Project Developed**

I gathered stories through internet searches of individual men, user and support groups. I established contacts with these men and groups. The word spread. The response was immensely positive. Many writers posted to their online support groups, telling their stories and seeking advice. I contacted them directly and asked them to use their stories in this collection. They gave their permission. I received stories from all over the world.

## **True Stories?**

The stories included here are factual, firsthand accounts. Credibility is important. Are they all actually “true” and not simply fabricated by a bitter man telling one side of a story? One can never know the answer with 100% certainty. Using my experience as a mental health care provider, all the stories included here are within the limits of believability.

## **Why Stories?**

Telling stories is nothing new. Stories cross all cultures, from petroglyphs to video clips. The Bible, with more than five billion copies sold, consists of one story after the other. Stories impart knowledge and wisdom, inspire curiosity and reflection, and suggest guidelines for better living.

Presenting men’s true stories of abuse is a good method of helping others to get out from under being abused. I have been telling therapeutic stories for many years with great positive effects for clients. I have heard stories of people’s lives, loves, dreams, and despair. I have made presentations at conferences and workshops locally, regionally, nationally, and

internationally on the use of stories and metaphors to access unconscious resources for therapeutic gain. [www.storytellingtherapy.com](http://www.storytellingtherapy.com)

Stories captivate. They hold our attention, are more compelling than mere statistics. Stories also have an inherent authenticity when they are told firsthand. Their stories put a human face on abused men. We can look at a pie chart showing percentages of abuse victims, we can analyze their background and their general circumstances, but all the while, we maintain a personal distance from the issue. It is only when we hear a firsthand account that we realize the seriousness of the problem. We only fully understand the problem once we hear a personal account. We can “feel someone’s pain” through a story.

Stories aren’t just fun escapism—they have spooky ability to mold our thinking and behavior. The stories in this book show the scope of the problem of women abusing men and help readers learn from the errors of others so that they can avoid making those same errors, stay out of harm’s way, and stay out of abusive relationships.

A story from someone who has “been there” can illustrate a situation to avoid. Stories and commentary illustrate how a well-meaning man got himself into an abusive situation by making what he discovered down the road to be bad choices. If the reader can see in a story how this happened, he can learn not to do it himself.

Stories suggest solutions. Here’s what went wrong—the story—here’s what to do about it, the commentary. Action plans for recovery are embedded in stories.

The ability to see yourself in a story is powerful. While reading the stories these courageous writers have contributed, you can say, “OMG! I do that! And that’s not good! I do not want that!” The stories and commentary facilitate becoming a better man. Because people

identify so closely with stories, imagining how they would have acted in similar circumstances has recovery value. "If it were me, I would have..."

A story plants seeds for new ideas and new courses of action. "You know, I never thought of that." "Hey, I am not alone. I can actually say 'no'?" "Wait a minute. I am actually NOT a bad person!"

### **The Science Behind the Efficacy of Stories as a Teaching Tool**

According to Jennifer Aaker, a marketing professor at Stanford's Graduate School of Business, "Research shows our brains are not hard-wired to understand logic or retain facts for very long. Our brains are wired to understand and retain stories. A story is a journey that moves the listener, and when the listener goes on that journey, he or she feels differently, and the result is persuasion and action."

Storytelling helps with learning because stories are easy to remember. Organizational psychologist Peg Neuhauser found that learning that stems from a well-told story is remembered more accurately and for far longer than learning derived from facts and figures. Similarly, psychologist Jerome Bruner's research suggests that facts are twenty times more likely to be remembered if they're part of a story.

Scientists are discovering that chemicals like cortisol, dopamine, and oxytocin are released in the brain when we're told a story. Why does that matter? If we are trying to make a point stick, cortisol assists with the formulation of

memories. Dopamine, which helps regulate our emotional responses, keeps us engaged. When it comes to creating deeper connections with others, oxytocin is associated with empathy, an important element in building, deepening, or maintaining good relationships.

According to Jeremy Hsu in *The Scientific American Mind*, August 2008, in an article “The Secrets of Storytelling: Why We Love a Good Yarn,”: “A story if broken down into the simplest form, is a connection of cause and effect. And that is exactly how we think. We think in narratives all day long, buying groceries, whether we think about work or our spouse at home. We make up stories in our heads for every action and conversation. In fact, personal stories and gossip make up 65% of our conversations.”

Our brain constantly looks for a cause-and-effect relationship in the things we experience. This is exactly why those who read true stories of men who have been abused by women are likely to avail themselves of the learning of what they read in the stories and in the commentary. They will be inclined to convert their behavior and choices to a more robust story for themselves and their relationships.

“If you’re trying to engage, influence, teach, or inspire others, you should be telling or listening to a story and encouraging others to tell a story with you. You’ll have plenty of science to back you up.”

—Lani Peterson, Psy.D, psychologist, professional storyteller, and executive coach

## Common Themes Within the Stories

Themes emerged among the stories. Coaching and commentary within the stories help the reader find solutions to his own ecology of abuse.

I have seen men decompensate—a mental health term that means “fall apart,” “lose it,” or “meltdown”—as a result of abuse. They were not like that before their abuser began abusing them. These are well-meaning guys who go to work, come home, and try to raise a family. But they got together with or married the wrong woman, who somehow permitted herself to abuse him. Over time, the abuse causes these men to struggle to maintain a stable life. It can cause them to be paranoid and distrustful, seeing everyone around them as an enemy or a threat. Continued abuse and the stress of protracted legal battles can reinforce their belief that there is a conspiracy against them. Whether or not their suspicions are real, abused men have been discarded and mistreated by our culture and by our legal system.

## **Not a Laughing Matter**

Here is a video of actors in an experiment showing a man slapping a woman in public. Everyone who sees this is incensed, and the police are called. The same setting, the same woman, the same man, except she is slapping him...and passersby are laughing. This video notes that forty percent of domestic violence in the U.K. is against men. You can find the video at:

<https://youtu.be/u3PgH86OyEM>.



One evening, I happened to be watching a late-night comedy television program in which a woman was playing a newscaster, reading an article about a drunken female passenger on an airplane who grabbed a male flight attendant's genitals and demanded sex. The newswoman's comedic commentary was this: "Go girl! Way to take back the night!" Now, humor can be seen in this as an example of a stupid act, but underlying the humor is an implied trivialization of an act that is in fact abusive toward a man. Furthermore, underlying this humor is the premise that abuse of men is fully acceptable. There would never be a joke like this made if the flight attendant were a woman and the drunken passenger a man. The media would have torn the guy apart, heralding that "there is no excuse for violence against women." The man would be arrested upon arrival at the destination.

The "Go, Girl!" mentality of the media has encouraged some ugly ideas in our culture. When a celebrity makes light of an unthinkable crime, she may be met with gales of laughter, but this comedic spectacle is ultimately damaging.

Revenge fantasies against men working their way into the media and the criminal justice system are not acceptable because they encourage abuse and the "gotcha" revenge mentality. These fantasies become popularized with movies such as *The Burning Bed* (1984...old, yes) (OK, the guy was nasty.) and *Extremities* (1986...old, true.) (Yeah, the guy was bad for sure). The sanctioned injustices against men are diminished or ignored as irrelevant or unimportant in the bigger picture. Abused men are presumed to be weak or presumed to deserve it, either for something they did or for abuse of women going back centuries, for which they are held to be collectively responsible.

**The abuse of men is treated lightly. Another example is the response to the widely circulated video footage of Solange Knowles attacking Jay-Z in an elevator after a Met gala in 2014. Such jokes make light of male victims of domestic violence.**

Several women in a local support group “liked” a popular author, presenter, speaker, and professor. Based on these excellent recommendations, I watched her Netflix presence. Within minutes, she was bashing “white guys” to a laughing, predominately female audience. To this, I say, “Women of the world, be all you can be...without trashing men.” For men who have endured abuse, these jokes and glorified revenge fantasy stories are evil.

The revenge fantasy against abusive men has tainted perceptions and skewed the justice system. A woman’s revenge against her abuser is seen as heroic. No doubt, an abusive man deserves punishment under the law. Fueling revenge fantasies undermines the greater good of equality under the law.

### **Legitimized Injustice to Men in the Court System**

There are plenty of examples of justice system inequities toward men, ostensibly in service of the law. Many of the laws of the land are antiquated in a way unfavorable to men. A woman can choose not to work and then be rewarded with increased alimony, but if a man chooses not to work, he’s a deadbeat or malingerer. (Fact is, according to National Public Radio and other sources, non-custodial women deadbeat, that is, don’t pay, court-ordered

child support at a higher rate than non-custodial men.) Role expectations are fundamentally different for men and women regarding child care, career building, and making money.

In firsthand accounts of the mistreatment of men under the law, the abused man is arrested due to mandatory arrest laws, or the courts ignore his case against the woman. Existing laws do not serve to protect men against domestic abuse.

## **Changing Perception of Gender Roles**

Not long ago, when a woman was abused in a relationship, it was assumed that she did or said something to deserve it. The abuse was a way to put her in her place. Not good. The women's movement encouraged women to tell their stories. Women's shelters were erected. There were marches on Washington, talk shows, movies, and television shows devoted to showing the woman's point of view. The perception of abuse against women was forever altered, and support was now available to female victims.

In talking to abused men, I never heard a single story of equivalent support and recovery. These men had survived verbal, physical, financial, and sexual abuse at the hands of their wives or girlfriends, but their stories were kept from the public dialogue.

Abuse of men is widespread. It can occur in any household, in any culture. It is not limited to any one demographic. It happens regardless of socioeconomic status. A culture of abuse is woven throughout our entire civilization.

Previously, in my mind's eye, I had seen men as frequent abusers and aggressors and often thought of this trait as specifically male. Traditionally, men were the tough patriarchs who ruled the house. Rape and abuse were used as weapons of war. Women have been

abused since the dawn of time, and I could not imagine a woman doing the same to a man. All I had to do was read the stories. By the time I got through the first half-dozen, things changed.

Through these men's true stories, I learned that the abuse of men had been hidden. Men had been too ashamed to admit that they had been hurt, either physically or emotionally. And when they spoke up, people shrugged. There are no men's shelters. There are no resources or sympathetic ears out there to hear these stories. They are not believed. When I began the task of compiling and organizing the stories, I myself was in disbelief. Yet once I came to know the community of men abused by women out there, men who were struggling to gain support, struggling for equal treatment under the law, I changed my mind.

Mandatory arrest laws should be changed. An attempt should be made to ascertain exactly what happened.

The men in this book were denied equal treatment by the law and the fabric of society. They were beaten, lied to, betrayed, and more. And the legal system looked the other way or, worse, prosecuted them. Let us find fair treatment for all victims, male or female.

## **Some Statistics on Domestic Abuse**

Domestic abuse is underreported, more so for violence against men.

### **Focusing on Men**

- "One-quarter of domestic violence victims are men. Hundreds of thousands of men experience domestic violence each year."

- “More than one in four men (28.5%) in the U.S. have experienced rape, physical violence, and/or stalking by an intimate partner in their lifetime. Approximately 1 in 10 have experienced sexual coercion in their lifetime.

- Over one-third of men have experienced psychological aggression by an intimate partner in their lifetime. “

—National Intimate Partner and Sexual Violence Survey, 2010 Summary Report, and 2015 Data Brief

- “Twenty-four percent of men are domestic violence survivors.”

—National Crime Victimization Study 2003-2012

- “About one in seventeen men in the U.S. have been victims of stalking at some point in their lifetime, during which they felt very fearful or that they or someone close to them would be harmed or killed.”

—National Intimate Partner and Sexual Violence Survey, 2015 Data Brief

- In 2013, thirteen percent of documented calls to the National Domestic Violence Hotline were male.

—National Domestic Violence Hotline

- In a study coauthored by Emily Douglas, associate professor of social work at Bridgewater State University in Massachusetts, just eight percent of male victims who called domestic violence hotlines said that they found them helpful. Sixteen percent said the people at the hotline dismissed or made fun of them.

- “Nearly eight percent of males who report domestic violence have been shot or stabbed with a weapon. About five percent of male murder victims were killed by an intimate partner.”

—[www.domesticshelters.org](http://www.domesticshelters.org), Cooper & Smith, 2011

- A survey in 1999 showed that men were more likely than women to experience serious assault by being hit with an object, threatened with a knife, or knifed.

- “...while women who are abused are more likely to be pushed or shoved, beat up, or threatened with a gun, the women who do the abusing are more likely to throw something, kick or bite, hit with an object, threaten with a knife, or use a knife.”

— National Violence Against Women Survey

- “On average, one man is murdered by his intimate partner in the U.S. every day.

An estimated five percent of male homicide victims annually are killed by an intimate partner.

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- “Men are the victims of about six percent of cases of murder-suicide in which the offender is an intimate partner.”

—[www.domesticshelters.org](http://www.domesticshelters.org), [social.solutions.com](http://social.solutions.com)

- “Men and women who experienced rape or stalking by any perpetrator or physical violence by an intimate partner in their lifetime were more likely to report frequent headaches, chronic pain, difficulty with sleeping, activity limitations, poor physical health, and poor mental health than men and women who did not experience these forms of violence.”

—The National Intimate Partner and Sexual Violence Survey, 2010 Summary Report

### **Focusing on Women**

- “From 1975 to 1992, assaults by men toward women decreased, while the rate of assaults by women remained the same.”

—National Family Violence Surveys

- A study in 1990 concluded that “when violence is measured by acts, women are as violent as men; when violence is measured by injuries, men are more violent.”

—[www.batteredmen.com](http://www.batteredmen.com)

- A 1997 study by Bert Hoff found that more than twenty percent of female college students admitted to physical aggression against their male partners. Women in their twenties were more likely to be physically aggressive than women thirty or older.

- Studies of spousal and dating violence indicate that women are as likely as men to assault their partners physically.

## **Intimate Partner Violence (IPV) and the Workplace**

- A survey of American employees found that forty-four percent of full-time employed adults personally experienced domestic violence's effect in their workplaces.
- Sixty-four percent of the respondents in a 2005 survey who identified themselves as victims of domestic violence indicated that their ability to work was affected by the violence. More than half of domestic violence victims (57%) said they were distracted, almost half (45%) feared getting discovered, and two in five were afraid of their intimate partner's unexpected visit (either by phone or in person).
- "Nearly 8 million days of paid work each year is lost due to domestic violence issues—the equivalent of more than 32,000 full-time jobs.
- Ninety-six percent of domestic violence victims who are employed experience problems at work due to abuse."

—National Domestic Violence Hotline



- “Intimate partner violence is estimated to cost the U.S. economy between 5.8 billion and 12.6 billion annually. The lifetime economic cost is 3.6 trillion for all victims, male and female.
- Between 21-60 % of victims of intimate partner violence lose their jobs due to reasons stemming from the abuse.”

—National Coalition Against Domestic Violence