

FEELINGS OF CHILDREN WHO ARE EXPOSED TO BATTERING

Nervousness, anxiety, fear, terror

One one's own behalf

On behalf of siblings

On behalf of Mom

Sometimes on behalf of the abuser

Shame, inferiority

Within the family

Vis a vis the outside world

Self-blame

Isolation, Loneliness

Sense of vulnerability as a female / inferiority as a female

Sense of complicity as a male / superiority as a male

Starvation for attention, approval, affection

From Dad

Sometimes from Mom

Feeling unprotected, abandoned by Mom

Feeling shocked, betrayed, abandoned by Dad

Feeling that siblings are contributing to the danger

Feeling that Mom is contributing to the danger

The pain of injustices to Mom / to siblings / to oneself

Fear of being associated with Mom / Shame about being associated with Mom

Fear of being associated with a sibling that is on Dad's bad list

Fear of becoming like Dad

Questions:

What behaviors might these feelings lead to? What behaviors might result from the desperate desire to escape these feelings? What attitudes might children develop that would help them to escape these feelings?

What sorts of coping mechanisms might help in the short term? How might some or all of these same coping mechanisms cause problems in the long term?

