

Understanding Cycles of Abuse

Practical ways of understanding and changing abusive cycles

Workshop - written and developed by Tanya Curtis

Overview

Many people are exposed to abuse on a regular and even repetitive basis. This may look like:

1. Abuse from others
2. Abuse to self
3. Abuse towards others

Abuse frequently appears cyclic, with people finding themselves in a similar situation of abuse time and time again.

I wonder why?

- Why does this cyclic pattern of abuse occur?
- Why does abuse seem to occur to some people and not others? Is it bad luck, unfortunate timing, or something else at play?
- Why do we live in a world where 'abuse' is so common we have come to accept this as our 'normal' way?
- Why does abuse seem to be more common for some, yet appear less common for others?
- Why do some people say 'no' to abuse whereas others continue to accept it?

These questions and more will be explored in this workshop

What is Abuse and does it affect me?

Abuse is a word that leads us to conclude something of an extreme nature, often related to what we judge as high intensity dangerous behaviours. However, is it possible that the word 'abuse' has been 'abused' and as a result we have overlooked and thus left unaddressed other behaviours that are less intense? What if at the core, we as humans only knew 2 types of behaviours (1) loving and (2) harming. What if anything that is 'not love' is actually a form of harm?



Understanding Cycles of Abuse

Practical ways of understanding and changing abusive cycles

Workshop - written and developed by Tanya Curtis

Topics Discussed:

- Understanding the cycle of abuse
- Who does this cycle affect?
- Different types of abuse
 - a. Abuse to self
 - b. Abuse to others
 - c. Behaviours that are abuse
- How abuse to self leads to abuse to others
- Changing our own behaviours and patterns
- Knowing the difference between love, harm and abuse
- Healing our own hurts
- Bringing you in full to the world without fear

About Tanya Curtis

Tanya Curtis naturally expresses by teaching people to improve their own lives and knows that connecting with people for who they are is essential while supporting them to make their desired behavioural changes.

Tanya presents behaviour specialist workshops locally, nationally & internationally; is the author of 'Challenging Change, Behaviour Strategies for Life', has developed Fabic's entire product range as well as Fabic's Behaviour Change App and is also an author and co-founder of the children's book publishing company "Sunlight Ink".



Who Should Attend:

Any person who is experiencing harm/abuse from any other person and would like to understand their own cycle and what part they can play in ceasing this ill pattern.

Any person who is ready and willing to understand and explore changing their own behaviours that are harming themselves and/or any other person.

