

Ways of avoiding talking honestly and openly about abusive behaviour

Behaviour:	Presentation:
Denial:	("It never happened" - This is a basic way to continue violence)
Forgetting / Blanking Out and Not Knowing:	"I can't remember..." is another major way of constructing conversations about violence & avoiding responsibility
Exclusion and Inclusion:	Perpetrators may see some forms of violence as abusive, such as physical violence, but not include other forms such as strangulation, emotional, verbal or psychological violence – so think about what's been left out
Minimisation:	This is a form of 'normalisation', and might include statements such as "I just...." "It was only a slight knock"
Removal of the self and of Intention:	This might show in statements such as "I'm not a violent man" Or "I'm not a wife beater". Many such men cannot easily make a connection between themselves, their intentions and the resulting violence.
Excuses:	This usually involves accepting blame but not responsibility. These men often place the blame elsewhere in time, or place or person. They may put the blame with – The past; mothers, school, etc; Drink or drug use; Women's behaviour: "she provoked me"; Own mental health issues
Justifications/blame:	This involves accepting responsibility, but not the blame. For example, the man may accept that he was responsible for what he did, but blame the violence on the woman. This could include things like – Not being sexually faithful, which can often be assumed rather than known – "I shouldn't have done it, but..."
Confessions:	This could be with or without remorse. They often are said in a naïve and disconnected manner – they lack authenticity