

Biderman Chart

What do you think this chart is about? Can you identify anything in it?

General Method	Effects (Purposes)	Variants
1. Isolation	Deprives victim of all social support of his ability to resist. Develops an intense concern with self. Makes victim dependent upon interrogator.	Complete solitary confinement. Complete isolation. Semi- isolation. Group isolation.
2. Monopolisation of Perception	Fixes attention upon immediate predicament. Fosters introspection. Eliminates stimuli competing with those controlled by captor. Frustrates all action not consistent with compliance.	Physical isolation. Darkness or bright light. Barren environment. Restricted movement. Monotonous food.
3. Induced Debilitation and Exhaustion	Weakens mental and physical ability to resist	Semi-starvation. Exposure. Exploitation of wounds. Induced illness. Sleep deprivation. Prolonged constraint. Prolonged interrogation. Forced writing. Over-exertion.
4. Threats	Cultivates anxiety and despair	Threats of death. Threats of non [return?]. Threats of endless interrogation and isolation. Threats against family. Vague threats. Mysterious changes of treatment.
5. Occasional indulgences	Provides positive motivation for compliance. Hinders adjustment to deprivation.	[Occasional?] favors. Fluctuations of interrogator's attitudes. Promises. Rewards for partial compliance. Tantalizing.
6. Demonstrating "Omnipotence"	Suggests futility of resistance	Confrontation. Pretending cooperation taken for granted. Demonstrating complete control over victim's fate.
7. Degradation	Makes cost of resistance more damaging to self- esteem than capitulation. Reduces prisoner to 'animal level' concerns.	Personal hygiene prevented. Filthy infested surrounds. Demeaning punishments. Insults and taunts. Denial of privacy.
8. Enforcing Trivial Demands	Develops habits of compliance.	Forced writing. Enforcement of minute rules.



Biderman Chart

When she realised what her situation in the world was...she threw away every assumption she had learned, and began at zero.

Toni Morrison

The chart is a description of abuse, but not abuse within a relationship. It was created in 1956 by Psychologist Albert Biderman. It describes the tactics Chinese communists used to elicit "False Confessions" from the "Brainwashed" American prisoners of war held during the Korean War. When we are subjected to domestic abuse, this is often minimised - by society, family and friends, and, most of all, the person who has hurt us. This table allows us to see our experiences as comparable to that of prisoners of war, helping to make sense of what has been done to us.

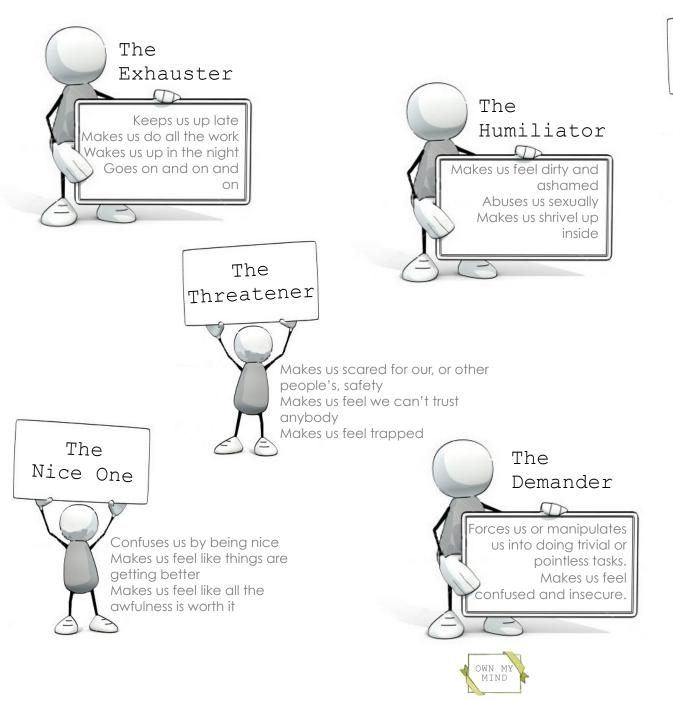
"No matter how difficult and painful it may be, nothing sounds as good to the soul as the truth."

Martha Beck

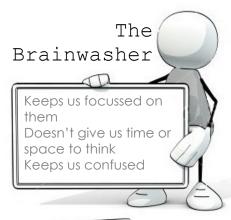
0	0	0	0
Discovering what the table de me:	picts has been helpful in ur	nderstanding my experienc	es and what has been done to
Agree			
Disagree			
Not sure			
Use this space to write	or draw any thoughts y	you have about this:	



Biderman Behaviours









Understanding Biderman

"Owning our story can be hard but not nearly as difficult as spending our lives running from it." Brené Brown

It can be hard to cope with seeing the Biderman Behaviours all laid out. We can feel shocked that how we've been treated is a real thing. That it's not just us, and we're not going mad. Accepting that what is happening, or has happened, is abuse can be really hard. This is a space for you to write or draw your feelings and thoughts, if you'd like to.





Biderman Exercise

BEHAVIOUR	BIDERMAN ASPECTS
1. Calls Mildred awful names.	
2. Tells Mildred he will kill her if she doesn't do what he wants.	
3. Has an affair with Mildred's friend.	
4. Destroys Mildred's mementos from childhood.	
5. When things have been really difficult, tries to convince Mildred they should have a baby.	
6. Insists Mildred cooks the food at a specific time each day.	
7. Keep Mildred up late at night talking about his issues.	
8. Makes Mildred feel terrible about her sexual history .	
9. Hides Mildred's possessions and tells her she's going mad.	
10. Tells Mildred he loves her and that he's going to change.	
11. Tells their children to call Mildred names.	
12. Goes quiet and sulks without giving any explanation why.	
13. "Accidentally" forgets his keys so Mildred has to stay in the house.	
14. Moves to act violently then stops before actually hurting Mildred.	

BEHAVIOUR	BIDERMAN ASPECTS
15. Insists Mildred keeps all receipts and checks the car mileage.	
16. Accuses Mildred of having an affair and insists she beg for forgiveness.	
17. Won't let Mildred give her family their phone number as they are "too annoying".	
18. Drives the car recklessly when Mildred is in it.	
19. Insists that Mildred watch porn when she doesn't want to.	
20. Refuses to share responsibility for the children.	
21. Tells Mildred she's a bad parent.	
22. Makes Mildred say family members' names during sex.	
23. Owns a gun and cleans it in front of Mildred.	
24. Forces Mildred to give up her job.	
25. Insists Mildred always leaves the tracking software on her mobile phone.	
26. Takes Mildred on holiday to make up for his behaviour.	
27. Rapes Mildred.	



Why Does Abuse Exist?

"No matter how difficult and painful it may be, nothing sounds as good to the soul as the truth." Martha Beck

I think the reason abuse happens is	The things I've heard or read about abuse suggest abuse happens because:	
		*

Quentin has hurt his wife Ethel on many occasions. He has been violent, put her down and made her feel worthless, and he's pushed her to do lots of things sexually that hurt and degraded her. Her family and friends have stopped visiting her because he is so rude to them.

Ethel has spent a long time trying to work out why Quentin treats her in such an awful way. The doctor diagnosed Quentin with depression and said this is what made him hurt her. Quentin went to see a counsellor, who explained that it was his unhappy childhood that had left him scarred and made him hurt Ethel. Then Quentin was diagnosed with diabetes and Ethel wondered whether it was his blood sugar levels that caused his hurtful actions. Quentin's behaviour towards Ethel seemed to be worse if he had been drinking, so she thought maybe this was the reason. Then she looked on the internet and it told her that it was her fault. She attracted men who were unkind, it said, and she "loved too much".





One day Ethel found a book written by a man called Lundy Bancroft. She finally discovered why Quentin hurt her. It made a lot of sense but also made her feel very sad. The book explained that Quentin's behaviour was like a tree. The roots were ownership. Quentin believed he owned her. The trunk was entitlement. Quentin believed he was entitled to behave in those ways because he owned her. The branches were control. Quentin's beliefs of ownership and entitlement were shown in his controlling behaviours towards her. All the other reasons were either lies or excuses. It was really hard for Ethel to cope with understanding this but it helped her understand several things: that there was nothing she could do to change Quentin, that it wasn't her fault, that his behaviour was a choice, and that she needed to make the right choices for her life.



Myths and Truths

мүтн	TRUTH
Abusers have usually been subjected to abuse as children.	Approximately 50% of abusers have experienced abuse as children. However, abusing someone is a choice and a learned behaviour; it is not rooted in trauma.
Alcohol or drug use is a reason why some people are abusive.	Although alcohol or drug use increase risk and are factors in abuse, the underlying beliefs of ownership and entitlement are the cause, not the substance abuse.
Counselling will help abusers.	Abusers need to focus on their actions and other people's feelings. Counselling will focus on their feelings and other people's actions. Individual/couple counselling can be dangerous and cause additional trauma.
Aspergers, diabetes and other medical conditions can make someone abusive.	Although medical problems may increase risk and are factors in abuse, they do not "make" someone abusive. Abusive actions rooted in beliefs of ownership and entitlement may be exacerbated by health issues, but it is the beliefs that remain the cause.
Abusers generally have mental health issues.	Most people with mental health issues are not abusive. Although an abuser's erratic and unpredictable behaviour may appear as a mental health issue, their actions are usually only aimed at their partner (suggesting they are able to control themselves). US research has found that only 4% of violent crime is linked to mental illness, but that news reports discuss mental illness in relation to violent crime 55% of the time.
Abuse usually happens because of stress and/or lack of good communication skills.	Stress may exacerbate existing abusive behaviours but it's not the cause. Relationship skills e.g. communication/negotiation skills will not help an abuser. Abuse is not a relationship issue, it is the issue of an abuser.
Abuse and violence is about anger and a loss of control.	Anger management is never an appropriate intervention for abusers and can be dangerous. Abusers aim to control people through their behaviour, appearing angry or winding themselves up allows them to justify their behaviour.
Abusers are usually suffering from low self esteem.	Although some abusers have low self esteem, their issue is in fact that they believe they are superior to their partner, that they own their partner, and that they're entitled to behave in the ways they do.
Religion and culture play a large part in why some people are abusive.	Beliefs of ownership and entitlement can be founded in religion and cultural contexts and there is a direct link between cultures and communities that value women and promote women's rights, and the level of violence against women. However, abusers can be found in every community in the world. All religions are rooted in values of respect and care and do not condone abuse.



Fixing Things

Marjorie has been with Tarquin for the last five years. He has outbursts where he screams and shouts at her. They have a two-year-old son. Marjorie has decided to try and fix the relationship for their son's sake. Tarquin regularly tells her she is "mental" and that she "needs her head sorting". Things seemed to have got worse since she became pregnant with Jasper. Marjorie has decided to change things for the better.

ACTION
OBSTACLE
OVERCOME
ACTION
OBSTACLE
OVERCOME

In the table write:

- 1. Actions Marjorie could take to change things for the better.
- 2. Obstacles Tarquin might put in Marjorie's way to prevent her achieving change.
- 3. Ways Marjorie could overcome Tarquin's obstacles.



Relationship Quiz 1

1. What do the following abusive behaviours all have in common?

- a. Cheating on me with my friends
- b. Leaving the house with the baby's pram in the car
- c. My partner convincing my family and/or friends that he is amazing
- d. My partner behaving in a way that leaves my family/friends thinking he is a waste of space
- e. Convincing me to leave my job so they can provide for me
- f. Manipulating/convincing/forcing me to have a baby

Answer:_

2. In healthy relationships	TRUE	FALSE
acouples spend all their time together		
bcouples don't share their problems with other people e.g. family/friends		
ceach person has their own interests and friendships		
da person's partner is their only friend		
eit's normal for one partner to stop the other going out		
fone person is usually in control of the money		

3. If I'm in a healthy relationship and my partner encourages me to go out that's because	TRUE	FALSE
athey don't really want to spend time with me		
bthey're probably cheating on me		
cthey're going to break up with me		
dthey want me to have a good time		

4. My partner cares about me if they		FALSE
ainsist on knowing my social media passwords		
bwant me to keep my mobile phone tracking on all the time		
ckeep hold of all the money		
dalways tell me what to wear		
ewant me all to themselves and moan if I go out or invite people round		

5. In the first few weeks/months of being in a new relationship it's a sign my new partner might be abusive if they	ABUSE	NOT ABUSE
abuy me a new mobile phone		
bregularly forget I've made other arrangements and surprises me		
cput my friends and/or family down		
dwant us to have a baby		
ewant us to move away and/or get married		
ftake me shopping for clothes which aren't my normal style		



"When the whole world is silent, even one voice becomes powerful." Malala Yousafzai

The Sick Planet



Once upon a time there was a very sick planet. It was dying.

The sickness floated through the planet like a gas, infecting all its inhabitants. Living there were the unicorns and the green creatures. The

sickness whispered to the green creatures that they were better, cleverer and more important than the unicorns. The sickness seeped into the brains of the unicorns and told them they were worthless until they found a green creature to be their rider.

The sickness showed up in the planet's magazines, films, songs, books and in the way the planet was run. Green creatures did the important jobs, running the government and the businesses. The green creatures knew deep down that they would struggle to run the planet if they didn't have unicorns to gallop around on. Although some of the green creatures wanted the unicorns to run the planet with them, others scoffed at them saying, "Ha! Those unicorns are too stupid to do

anything but gallop and do as they are told."

And the planet got sicker.

One day, a young pink unicorn named Noreen set out to find a green creature to be her rider. She had been told the usual stories of valiant green creatures who rescued unicorns. She had sung songs of wonder to the green creatures. She had giggled

with her herd about how much better she would be once she had a rider.

Along came a green creature. And not just any green creature: an important one. Immediately Noreen bowed and said to him, "I am yours, dear rider. I will be better with you." This green creature, named Boris, was a cruel creature, deeply infected by the sickness. His insides squirmed with malice, but his face smiled. "Yes, I shall be your rider," he said.

Boris was so unkind to Noreen. Her hoofs became sore and wounded, her mane bedraggled, her heart broken. "Leave him," said her herd but she couldn't. Her whole young life, she'd been told that her only value was in her rider. "She's stupid!" muttered the herd. "She deserves everything she gets!" they jeered. The sickness had got to them too.

One day, Boris nearly killed Noreen, and she finally limped away. She went to the planet hospital and they treated her, then sent her to wellness classes. Boris was left to his important green creature job. In the wellness classes they told her if she mended her heart, everything would be better.

"But how?" she asked.





The Sick Planet Questions

Where might an abuser's beliefs of ownership and entitlement come from?	Use this space to reflect on how our soci
	abusers and the harm they do, is it like
	planet?
·	
Do you identity with Noreen, the pink unicorn?	
Yes	
No	
Not sure	In our society, most of us have probably noticed th
	treated differently. Men continue to do most of the
	they always seem to be better at whichever jobs a powerful. Women generally do the jobs that are lover that are lover to the powerful of the p
Why? Or why not?	when the jobs use the same skills. For example, high
	almost always men. But in the home, women gene
	as well as the cleaning and childcare. There is a side
	and across the world that leaves women, like the u

"There comes a point where we need to stop just pulling people out of the river. We need to go upstream and find out why they're falling in." Desmond Tutu

ety deals with the sick

at men and women are e important jobs and ire well paid and w paid or unpaid, even hly paid chefs are rally do all the cooking, ckness in our society inicorns in the story, badly treated and disadvantaged. This sickness has been called Patriarchy by many different people over the years. A patriarch is the male head of a family (like Vito Corleone in the Godfather films, and the Pope in the Catholic Church) and patriarchy is a system of society or government in which men hold the power and women are largely excluded from it. Although a country may have a female head of state (e.g. Margaret Thatcher, Teresa May in the UK, Nicola Sturgeon in Scotland, Jacinda Arden in New Zealand), the power will often remain disproportionately shared between men (usually white, middle or upper class, able bodied men) and women will generally be excluded from it.



Notes

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