

## PART VII: APPENDICES

### APPENDIX A

#### ALL CASES<sup>12</sup>

CLIENT			SPOUSE/PARTNER			MARITAL STATUS	CHILDREN
NAME	AGE	OCCUPATION	NAME	AGE	OCCUPATION		
Annette	44	Housewife	Bertus	48	Geologist	Married	2
Anca	36	Physio-therapist	Danny	38	Engineer	Divorced	2
Antoinette	61	Arts Director Psychologist	Charl	62	Professor of Law	Both second marriage	
Ann	40	Housewife	Rudie	42	Flight captain	Divorce pending	2
Beatrice	40	Manager/ Call centre	Frank	40	Own Business	Married	1
Candice	36	Travel Agent	Robert	33	Own Business	Divorce pending	1
Camilla	44	ICU Nurse	Chris	40	Ex officer: SAPS	Divorced/ Remarried	2
Nettie	48	Housewife	Leon	50	Accountant	Married	2
Cathy	53	Teacher	Nick	54	Farmer	Married	2
<b>Berna<sup>13</sup></b>	<b>48</b>	<b>Teacher/ own business</b>	<b>Kevin</b>	<b>53</b>	<b>Own business</b>	<b>Divorced, but staying together</b>	<b>4</b>
<b>Elaine</b>	<b>27</b>	<b>Lawyer</b>	<b>Quintus</b>	<b>52</b>	<b>Ex military man IT Company Owner</b>	<b>Left partner</b>	<b>-</b>
Liza	36	Graphic Designer	Martin	35	Security Business	Both divorced/ Living together	-
Edwina	43	Housewife	Charles	45	Insurance Broker	Since Divorced	3
Mary	43	Teacher	Raymond	47	Lawyer	Married	3
Elize	41	PA	Henry	38	Salesman	Divorced	2
Eva	35	Housewife	Gustav	38	Engineer	Divorce pending	2
Joan	33	Sales Manager	Christopher	35	IT	Married	-
Phoebe	36	Artist	David	40	Farmer/ Business	Since Divorced	2
Jennifer	43	Law Student	Derrick	45	Property Market	Second Marriage to	2

<sup>12</sup> All cases where incidences of emotional abuse are experienced on a regular basis

<sup>13</sup> The case studies re-constructed in chapter 5 for this project are shown in bold.

						both	
Hedwig	36	IT Consultant	Al	38	Farmer	Divorced	2
Hannah	29	Housewife	Rudolph	32	Own Business	Married	2
Heidi	43	Housewife/ Credit controller	James	45	Senior Government Official	Divorced	1
Helen	49	Psychologist	Tom	57	Ex General Military	Divorced	2
Riekie	52	Admin clerk	Ben	57	Pastor	Divorce Pending	3
Linda	25	Professional Athlete	Eddy	24	Unemployed	Living together	-
Beth	30	IT Manager	Kobus	30	Transport Business	Married	-
Gerda	49	Teacher	Gavin	50	Transport Manager	Divorced	3
Matty	34	Marketing	Casper	37	Manager	Married	2
Mandy	48	Housewife Admin Manager	Ricus	49	Motorcar Salesman	Married – She moved out	3
Nan	42	Teacher	Hank	43	Unemployed	Divorced	3
Cloe	42	Teacher	Edwin	38	Broker	Separated	2
Nannette	31	Housewife	Joe	30	Businessman	Married	2
<b>Minette</b>	<b>33</b>	<b>Dentist</b>	<b>Ian</b>	<b>34</b>	<b>Sport Administrator Unemployed</b>	<b>Separated</b>	<b>Duncan</b>
<b>Karen</b>	<b>38</b>	<b>PA</b>	<b>Johan</b>	<b>45</b>	<b>Game farm Manager</b>	<b>Married</b>	<b>3</b>
Nicky	27	Housewife	Clem	32	Business Owner	Partners	-
Pam	56	Lecturer Arts	Peter	60	Retired Teacher	Both second marriage	2
Sylvia	48	SAPS	Sam	50	Farmer	Married	2
Rose	39	Housewife	John	40	Fleet Manager	Both second Marriages	3
Samantha	32	Data Capturing	Jack	34	Broker/ Psychologist	Married	3
Ronelle	40	Teacher – admin in husband's office	Tiaan	42	Engineer	Married	4
Wilma	51	Owner Guest House	Zack	48	Lecturer	Divorced	2
Alma	23	Hairdresser	Lionel	27	Security Business	Married	-
Ina	20	Student				Father abused her mother	

## APPENDIX B

### THE ABUSER POSITIONING HIMSELF

This appendix is put together from experiences of the emotionally abused women in the main text (See Appendix A for the women's particulars). I could not include all experiences told of, but this will give the reader some additional examples of the incidences described. For obvious reasons I more or less kept to the headings as used in the text.

#### Hooking

- Most people respond positive to attentiveness from others

Ann: If I had an early flight he would draw me a bath, and take me to the airport. He would always see to it that I had enough to eat – That man really spoiled me. But, then somehow it became controlling ....

- The benevolent teacher

Joan's husband says: Take some time off, love. I really think you should take the time to think about our future. Maybe you should call in some professional help and first come to terms with yourself and all the things that happened in your childhood. It is your low self-image that's causing you all these guilt-feelings.

#### Domination

##### *Master of his House*

Mary: Raymond says it is his right and his alone to decide what is right.

Ricus, Mandy's husband says: You don't to give in but you know that you should. In the end you will ... You know that I prefer my wife to be soft spoken and submissive. You will not contradict me, ever

Annette: In everything he must be on top. Everything needs to be perfect; perfect meaning the way he wants it.

Joan: Everything changed after we got married. He changed and all of a sudden we had completely different outlooks on everything; love, religion, our social life ...

Mandy: We were just recently married when I asked him to do something while he was chatting away with the family at the pool. He jerked me aside and hissed at me: "I will not have any woman tell me what to do – Do you understand me, woman?"

- More often than not, the hooking action or the more covert signs of domination and control turn to abuse when the man realizes that the partner is committed.

Mary : Everything was just fine until we had the children.

Elize: Our problems started the moment the children moved in with us.

Hedwig: We were married for two years when our son was born. He was a sickly child ... It was a real nightmare. That's when it all started.

- Control, domination, and exploitation are intended and deliberate within an unequal distribution of power.

Mary: He's always so negative. Always finding something to go on about. He walks through the house absolutely looking for something ... There's no oranges or "I'm always your last priority."

- The emotionally abusive male expects everything to be done his way, and his way only. He keeps his hand on every aspect of home-life.

Camilla: He even gets angry if the beds are not made to his liking.

Liza: You always need to explain everything ... He will keep track of the groceries and you will need to explain.

Cathy: Nothing seems to be to his liking. He will always find something to complain about and then he'd say, "Can I never trust you to do something?"

Nettie: He will demand things to be done his way. It was no use trying to explain or wanting to change anything.

### ***Extreme Possessiveness and Isolation***

- The emotionally abusive man uses extreme possessiveness and isolation to establish and re-establish his control.

Beatrice: We have no friends left. He either embarrassed them until they do not accept invitations any more or his jealousy has gotten in the way.

Nettie: His possessiveness is just too much. He is so demanding .....

- He watches her every step. He steals her time, energy and leisure.

Liza: Right though the night he will keep you awake, because of something he does not agree with ... going on and on .... The moment I want to say something in return, he silences me saying, "I've already heard what you have to say".

Mandy: I'm not allowed to go visit, because it's too far and he's afraid of the crime rate ...

- He controls all outside contact by being rude, critical, or threatening when visiting or receiving visitors, family and friends. He constantly humiliates and embarrasses her in front of them.

Beatrice: He constantly calls me names in front of our friends or says hurtful things to them. He would accuse me of having an affair with some of the men ... right to their faces.

Hedwig: That December we went visiting my family. He was so nasty to my parents that my dad said he did not want to see him again. My dad was so upset by the way he treated the children ... I realized how isolated I have become.

Camilla: He says he has the right to have female friends, but the moment I go and have coffee with an old friend (male), he calls me a whore.

Linda: I was forced not to see any of my friends.

Beth: He can be terribly nasty with my friends. If I receive a SMS I feel like I need to defend myself.

- He needs to monitors her whereabouts.

Edwina: He's always checking up on me. How many calls did you receive?

Liza: He would accuse me of having affairs ... even when I went to work. It makes you feel terrible .. When I commit, I commit ....

Nettie: Even if I sit and watch an interesting TV program he will unplug the TV. He says I do not need all this stuff ....

- The controlling man condemns his partner in solitary confinement.

Gerda: He locks all the doors when he leaves ... leaving me without any key.

Anca: I only now realize how alone I've always been. He was not to be found for any talking.

Nettie: It's been months now that he doesn't even talk to me.

Camilla: I think the isolation ... being so alone ... that was the problem.

Liza: One do not immediately realize how isolated you have become. You go to work and share the same work space, he checks on you when you go to Pick'n Pay or have your hair done. He checks your calls ...

### ***Positioning himself by Mechanisms of Entrapment***

Antionette: What keeping me from leaving? Finances .... and not knowing if I will be strong enough to make it on my own.

Beatrice: The abuse comes and goes. It's not an abusive relationship, but abuse in an otherwise good relationship.

- Crazy making:

Edwina: He forces me to take the medication. I think it's his proof to the world out there that there is something seriously wrong with me ... But, I know I get all emotional ....

Elize: He calls me paranoid or schizophrenic.

Erika's husband tells op slapping her twice this past year: She can get all hysterical.

Linda: I suppose it is my fault. He makes me believe it to be true. He says there's something mentally wrong with me. I don't think my parents will agree.

- Manipulative set-ups.

Ann: His always has a hidden agenda and you never know when and how it will impact on you.

Nettie: Everything you say will some time or another boomerang on you.

Mary: He is constantly moving the goal posts. You can never win.

Beth: There's this selective memory. He will only remember that which suits his needs.

- Dr. Jekyll and Mr. Hyde.

Camilla: He's so different and charming when speaking to others. He even speaks differently to the guy that does our garden. When he talk refers to me, he talks about "This woman".

Edwina: I was in an accident and phoned him at the office. He was so concerned while other people could hear him, just to come and interrogate me at the site.

## **Exploitation**

### ***Financial exploitation***

- Some abusive men take full control of his wife's wage packet, whereas other wives fall into the trap of earning their own salary only to spend it on their families.

Cathy: Everything I own I spend on the household needs and the children.

Elize: My money pays for all the day to day expenses. His money is his money to spend on luxuries as he wants to.

- Even when not gainfully employed himself the exploiting man ventures into schemes without consulting with his wife.

Elize: He's had three businesses in the last sixteen years. I have been paying for everything. I've been working day and night to make ends meet and has even taken up making curtains to sell when not at the office.

Jennifer: He will cut himself off from me – even sexually – if I do not pay his debts or if I'm not willing to lend him the money to venture into a new scheme.

- Women have been conditioned into emotionally supporting their husbands.

Candice: What I didn't know is that while I was supporting him financially, he was having this affair.

Linda: We are always fighting about our finances. He believes each must pay his dues, but then we go out and he expects me to pay as he's not been earning anything. If I don't he makes me feel so selfish ... He expects me to help him pay of his debts.

- He keeps rigid financial control.

Mandy: He always leaves me just short to be able to pay for whatever. He needs me to be financially dependent on him.



### ***Sexual exploitation***

- Sex is demanded as the man's right.

Ann: He has now twice forced me to have sex when I didn't want to because things wasn't that okay between us .. I felt violated ... This is rape ....

Gerda: At a later stage he invited other men into the act. He just forced me to go along. If I didn't .....

- The abusive man having an affair.

Cathy: All of a sudden he's been paying attention to what he wears, he's been on diet and has lost 10 kilo's. He uses after shave – even has a bottle in his car.

Edwina: He says there's no relationships, but I see all the signs ...

Elize: He goes to strip clubs and places where he can pick up women and if I comply or say something he swears at me ... I will not have sex with him suspecting he's been with another woman .... Boy, now he's having me have it ...

Erika: Three years ago he had this affair and we sorted everything out. I now think he's never broken up with her .... I think he brought her into our house ... into our bedroom, I could smell her perfume ... I found an earring under our bed ...

Hedwig: I would have never though he was having an affair – I always thought I was at fault when we had these arguments ... then I found that he had pubic lice ... This is to terrible to imagine ...

Heidi: I later found all these slips for restaurants on our living room pelmets.

Riekie: I found the evidence – he even carried her photo in his brief case.

Gerda: He's been having an affair for 18 months now. I didn't know ... I thought he was away on business for the company ...

## Aggression

- Society and culture have given the husband the right to discipline his wife, and it is only a small step towards man positioning himself so as to aggressively punish his wife.

Gerda: He would lock me in my room if I said anything he didn't agree with or didn't like.

Antionette: What a terrible bully he turned out to be ... who would have expected it from the professor ....

Liza: The moment he senses me pulling back, he has a go at me .. aggressively swearing, taunting ...

Nettie: Sometimes the anger just gets at you.

Edwina: Raymond can be so utterly rude and ill-mannered.

Beth: He has this terrible aggressive attitude ... anything will irritate him and he will lash out.

Berna: Ag, you know, that's just Daddy's way of doing.

Samantha: He can be so difficult, so impatient when things go wrong, he's so biting nasty ... He's been so cantankerous towards me, but I know he's only worried about his son being ill.

Antoinette: He believes himself to be justified in his aggression. I've tried discussing it with him, but he's never willing to discuss the issue. How can I just abandon him and book him into a clinic? He's such a proud man ... How will he cope in such a place? How will he feel to be there?

Beatrice: He been under such a lot of pressure the last couple of months, and he's always suffered from depression.

Beth: I can't take the verbal battering of our workers anymore. I'm moving out.

Jennifer: There is this constant aggression – either it's a constant swearing or you can physically feel the aggression.

Karen: He has never really hit me, but I'm so afraid, so scared. I can only say, "Please, God help me." I never know what to expect.

Beth: Sometime I feel that he really hates me. I feel the aggression coming from him. I feel I'm only of use in what I do.

Karen: He came back and me and the children were laughing and talking in the kitchen, generally having a good time. His first words were, "I cannot leave you for one second. Look what a bunch of pigs you turn out to be. Just look at the kitchen. Can you people never properly clean up something?" ... and on, and on.

Minette: He looks at me and I see the contempt in his eyes, "I will not let you bring up our son to be like your father."

### ***Threatening Behaviour***

- The emotionally abusive man uses the coercive technique of threatening to harm her family or her friends.

Phoebe: He would phone my mother and father on the farm, threatening them ... swearing at them ... Once he phoned the my folks up ... it was after mid-night on a Saturday and threatened my mother, "I'm going to strangled you all. I will finish you off against the walls that you will see blood and guts gushing against the walls".

Liza: He threatened me, "You will leave with only the clothes on your back. You're the guilty party ..." He would rant and rage ...

Riekie: When the children were still in nappies and I asked him for some help, he would clench his fists and just new it was coming again.

Erika: I wanted to phone for help, but he jerked the phone cables straight out of the wall ... He threatened to shoot himself .. You should have seen the look in their eyes ... and then he threatened to kill us all.

Eva: He threatens to get into his car and just make an end to everything ... He will threaten – in front of the children (11 and 17 years) – to kill himself or one of them, or then he will threaten to kill us all.

Minette: How are you supposed to react if he walks around with a pistol, saying that he's going to blow away his brains because I've ruined his life. If he does do it, how will I explain it to his family? Everything will be my fault.

Jennifer's husband to her children: Your mother sees me as the only parent responsible for bringing money into this family. I visualized my life much different from my life now, having married you mother. I had to sacrifice a lot, because I have a responsibility towards you two. You could both do with some self-examination about your attitude towards me. If you do not change, I will let the matter rest there, but then I will also decide what I will do about my future.

- In some cases we do find an escalation to physical abuse.

Berna: Only once did he attack me physically.

Antoinette: First there was only the belittlement, and then came the humiliation of knowing that he was involved with some-one else. It ended with a situation where he picked up the kettle, and without any emotion or saying anything, poured the boiling water over my arm.

Gerda: The last three years has been the worst. He started to physically hit out at me. So Thursdays we would have this fall-out and Fridays he would get in his bakkie and drive through to our Farm. I was left, too bruised to go out, for the whole week-end, with only the babies as company.

Camilla: I'm going to get an interdict against him. This is the fourth time that he has pushed me around hard-handily. It scares me, and I don't want the children to see what he's doing.

- Women who do not see the physical pushing around, hair pulling, and forced sex as physical abuse, and therefore do not mention it.

Linda: He has once or twice slapped me or pushed me around, but you get so used to all these things that you eventually consider it as the norm. In a way, you come to accept it as the way things should be.

Karen: If there is even the tiniest drop of water on the kitchen floor, he will pull my hair.

Helen: I sometimes just cannot take his verbal attacks or long sermons about all my wrong-doings any more, and then I will try and excuse myself. But that is oil on his fire. He will forcibly pin me to the chair or bed, jump up and close the bedroom door before I can reach it, or lock the door. Once or twice – after a heavily abusive argument – I went and laid down in a different room. He then either came to me and just continued with whatever he wanted to accuse me of, just going on and on, or he'd forcibly drag me back.

Eva: He's been slapping me, and he's even spits on and at me when angry.

- Another group, and by far the largest group of the women in the present research, who, even after years of marriage, deny any occurrence of physical abuse in their relationship.

Hannah: I've seen him break down the door, but never has he touched me.

Hedwig: Although I didn't see it as such when I left Al, emotional abuse and physically pushing me around was the main reason I left him. It all started after the birth of our first daughter and just got worse.

### ***Utilizing verbal mechanisms***

Cathy: He is always telling me how old I look. “Just look at you. No fashion sense what so ever. You disgust me.”

Ann’s husband says: You always just f\*\*\*\* up everything.

Karen: He would look at me with this sardonic and malicious grin on his face and say, “You know, I love you.”

- Jokes and teasing, making fun of and sarcasm

Ricus, Mandy’s husband: Ag shame! Do you really think you scare me with you little attitude. Do you really think you can tell me what to do?

Camilla: Whenever he talks to me I hear the irritation or the scorn in his voice.

Helen: I’m always buying you expensive perfume but you hair smells like a wood fire.

Wilma: I come from a well-known French-Huguenot family we are proud of our heritage. He will always poke fun at, “You and the Du Toits” or “Don’t tell me that’s the way the Du Toits do things.”

Karen: If I talk to him and say all I need is a certain amount of respect, he bursts out laughing.

Helen: He would always crack a yoke at my crying when I watch a good movie, or even when I had my babies.

- Belittlement, denigration and degradation

Karen’s Johan: If you don’t know how to manage the kids, I’ll show you. I’ll make you a list of all the chores and the house and you will see to it that it’s done. I’m sick and tired of the children fighting about who has to clean the bathtub.

Samantha’s husband: You’re an icy bitch of a woman.

Elize’s husband: Ag, shurrup. You’re shit and I don’t talk to shit.

Camilla's husband towards the therapist: You two are in cahoots. Precisely what you can expect from some bloody bitches.

Linda's partner: You know you're mad. You need a brain-job. There's something seriously wrong with you.

▪ Criticizing

Helen: Everything the children do seems to be wrong. If they watch TV, it's too much. If they play with the dogs, they're disturbing him. If they're playing with friends, they should be home, doing their homework.

Karen: Our whole family is quite musical, so we often make music together. Lately I myself have started to dread these episodes. He usually plays the piano, so he will keep increasing the pace, screaming at, and criticizing whoever cannot keep up. Or he'll scream at Cindy, "Why don't you sing louder? You're bloody timid. Sing louder" – screaming, screaming. In the end one of the children or I myself will be in tears.

Samantha: He's so negative. Constantly asking, "Why did you ...?" or "Why aren't you...?"

Helen: Oh, Tom is much more sophisticated in his criticizing. We will have this whole conversation that maybe in the beginning will sound to me like analyzing and critically evaluating a situation, but somehow you'll always end up feeling unworthy, not good enough, and definitely not measuring up to his standards.

Karen: I try to be perfect. I work like a maid, but still he finds fault. I try and wear my hair the way he likes it, and I dress the way he wants me to, but it's still not working. If it's not my breasts that are too small, it's my waistline that is getting bigger ... I really try.

Gerda: David is always criticizing me. First this is not to his liking, then that is not to his liking, so I plead for forgiveness. What am I doing wrong?

Heidi: We had constant battles about my appearance. Either I was dressing too "flashy," or he wanted me to cut my hair, or my perfume was too strong.

He comes home just in time to get dressed before our guests – or must I say his guests? – arrive, and then the criticism begins. I've always been a bit of a perfectionist, so this cuts even deeper as I want everything to be perfect. "Did you put out the right glasses? You're so incompetent. You cannot even organize a simple sit-down dinner party." And he hasn't been doing a thing, he didn't make one call or arrange anything.

Nettie: I did the books of the business. He was constantly at my throat – always looking for mistakes. And then – in front of all the other personnel – he would yell, "I can never ask you anything or you'll bugger it up. You're a real good-for-nothing."

Camilla: He seldom speaks to me in such a way that I will not become conscious of the condescending tone of his voice. He constantly has something to criticize me about. He's so irritated by my mere presence.

- Humiliation, cruel statements, and total verbal attack

Alma: ... And then he would spit on me ... I wanted to make love and he turned on me, "You only want my body. Who do you think I am?" I felt so humiliated that I now seldom touch him; now he has something else he can throw in my face.

Edwina: He would always be screaming at me in front of the other office personnel. It's so embarrassing. I'm not only more senior to most of them, but I'm also his wife.

Samantha: I've come to realize that he talks to me worse than he would to our garden boy. He would never even talk to people at the office like that.

Helen: Tom would speak to me in a tone of voice which others would find soft and even caring. But if you know the times I've previously been blamed and humiliated for precisely the same thing, his saying it nicely does not matter any more. It cuts just as deep, because you know what he means. Again you have been found wanting.

Karen's Johan: I would long ago have divorced you if I thought that you could look after yourself. You know how you are.

Heidi: Wherever we go, he's always walking a couple of steps ahead of me. Or we go to this extremely formal do and he will seemingly "forget" to introduce me to people, or he would ignore me while all the other men see to it that their wives have a drink.



Sometimes some other man will see that I get a drink, and even that then becomes humiliating.

Beatrice: It's so embarrassing. I mean we have no friends left. They come and visit and then he'll embarrass me, and them as well, through his jealousy or his bickering. Or he'll start calling me names in front of them. The other day we were boarding our plane on our way to London. Then moment we came to our seats, he loudly proclaimed, "You sit next to that old jitter box" referring to an old lady that was also settling in. I don't want to be there when he's hurting people. It's just too much ... and this all in front of our seven year-old.

Nettie: He will invite people without telling me. Then while we're having this braai, he will totally ignore me, except when he barks an order. These are old friends of ours. I suppose they know him by now, but still, it's so humiliating.

- Bickering, arguing, and quarrelling

Karen: He would keep screaming at me until I couldn't think any more. In the end I would plead with him, take the blame ... anything, as long as I could get him to quiet down.

Beth: I think his attitude is getting me down; the irritation in his voice, the anger ... We're in a constant battle about something. This just keeps going on and on. I sometimes feel so beaten down I don't what to say or do anymore. I constantly feel that I have to defend myself.

Edwina: He so darn smug. Always wanting to have only his opinion heard, and if that doesn't happen, he will discredit the other party.

Helen: He always has the last say. Maybe this comes from being high brass, maybe because he truly is highly intelligent and has the gift of the gab. The problem is that you always know that somewhere along the line he'll catch you and tow you in. You'll know that everything is not completely kosher, but you don't know why.

Karen: He never gives you time to state you case, but leaves the impression that he's not really interested in what you have to say. This is so different from before our marriage,

when he used to find me such intelligent conversation and he couldn't take his eyes off me.

- Cursing

Berna's Kevin: I'm so fuckin' tired of you not listening. When de donder are you going to start giving me some co-operation? It looks like I'm the only fuckin' one in this family who wants to get ahead in life.

Pam: It's like verbal diarrhea. He'll go on and on, swearing and scolding, calling me names.

Gerda: Gavin is always swearing at me. He's always in this mood – aggressive, angry.

Hedwig's Al: You're such a useless mother. You always fuck everything up.

### ***Utilizing non-verbal mechanisms***

- Silence or the failure to respond/ Abandonment

Matty: Whenever I want to talk to him, he goes into silent mode ("stilstupe"). It sometimes lasts for up to a month. He would say a word in this period.

Heidi: He never said he loved me or held me ... We would go somewhere and the moment the aides opened the car doors he would be out; walking ten paces in front of me as if he was ashamed of me.

Elize: I had to go in for an emergency operation ... Not once was he there to offer any support.

Matty: I needed to go in for this small operation and all he said was, "See to it that you get the children to school en drive yourself back."

Helen: I had to go in for an operation. He did come and visit, but not once showed any concern or even bothered to talk to me or ask how things were going.

Gerda: It's like I'm living out in the deepest of darkness. He's always angry at something ... ignoring me ... I can't describe the loneliness I feel ...

Beth: Sometimes I think he really hates me ... Why else all this aggression?

Gerda: My mother was visiting us ... If I said anything he didn't like he would stick out his tongue behind her back and taunt me ...

Mary: I had to have the lump in my breast taken out, but he insisted that we stick to his business schedule and still go on holiday first ... The loneliness ...

Helen: The sulking really gets at you. I adore travelling, so once, on an overseas trip with a group of people, I was the belle of the ball; I was really enjoying myself. I was talking and singing along and even organizing special trips for the group. I made the mistake of not sitting demurely next to him, speaking only when spoken to, but leaving his side to go and have a swim or enjoy something with the others. In the end he totally ruined the emotional part of the trip. I can still remember the wonderful places we saw, but I have this dark, heavy blanket covering every experience. He was constantly at me, if I wasn't eager enough in bed, I didn't take his needs into consideration when organizing something (he's an adult, he can speak up), but mostly it was in his manner. He was either sulking or emotionally so distant that the others raised eyebrows, or he sat there looking all forlorn and rejected, and you don't have to speculate who had to answer to the group.

- Being Vindictive

Phoebe: We were going through this custody battle and he had me tested for alcohol and dagga (cannabis). The humiliation!

Beth: He had this slight argument and then he would ignore me in front of every body at the meeting.

- Rejecting the woman when pregnant, or of the baby itself.

Hedwig: After three year I was pregnant with our second child ... When he heard the news, that's when he said "I'm leaving. I've had it with you ..."

Hannah: I went through the whole of the pregnancy and her birth on my own .... When he saw me and the baby in the delivery room all he said was, "Why are you crying?"

Matty: I lost the baby at four months after he pushed at me and I fell ... With the twins he said they were not his ...

### **Justification**

Ann: He screamed at me, "You're so selfconceited. Everything is just about you, you, you" ... just because I didn't do as he said.

Mary's husband: She never shows any love and never, ever any sexual needs ... and she has this thing about death. When I shot her dog she just lost it.

Camilla's husband: When I needed her, she left me ... She does not act in a responsible manner ... She offers no support what so ever ...

Ann: The more monotone I try and keep my voice, the more he screams and then he will tell everybody how aggressive I can be.

Ann's husband: She kicked a dent in my car ... can you believe this woman.

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## **APPENDIX C**

### **THE WOMEN'S POSITIONING**

As stated in Appendix B I appropriated the appendices as a means of giving voice to more experiences of the emotionally abuse women than is possible within the main text (See Appendix A for details about the women). I more or less keep to the headings as in the text for easy access to specific issues.

#### **A Position of Fear and Anxiety**

##### ***Doing Fearfulness***

Linda: Sometimes I really fear for what he will do next.

A number of examples were indicated in Appendix B in describing the emotional abuser's threatening behaviour.

##### ***Doing Anxiety***

Mandy: It's only when he phones and says that he will be late and I feel the relief was over me that I realize how stressed out I am ... At this time of day I would usually ready the house for his "inspection" when he comes home at night. The strange thing is that he never is such a perfectionist when it comes to his work.

Hannah: It's been a while now that I have suffered from constant stomach aches and muscle spasms.

Matty: I ended up with this ulcer ....

Riekie: Although I suffered from anxiety attacks I have taken control of my anxiety.

Gerda: You never know when the next eruption is about to occur.

### ***Doing Denial***

Beatrice: I cope with the abusiveness of his behaviour by withdrawing into myself. Sometimes I will call him a “pig, pig, pig” in my head. How can you spontaneous if he’s constantly breathing down your neck, calling you a slut, a whore. I block out these incidents.

Cathy: I try my best to live through the children. I’m so totally stuck ... at times I cannot find the energy to go on ....

Gerda: I decided he will change for the better.

Candice: I had to get an interdict. He tends to get vindictive, but he will not really hurt me ...

Erika: He does not really say it, but he shows that he wants me to leave. He would spit in my face or slap me in my face.

Phoebe: He drove me off the road ...

Camilla: Chris can be such a good husband. It’s only after he took the severance package and really started drinking that he gets offensive and started calling me names. I suppose it’s because of his depression and the pills he’s been taking.

Riekie: I think he’s like this because of his parents. They were divorced when he was only three years old.

### **Positions Herself as Depressed**

- Emotionally I feel totally depleted

Camilla: If he gets so aggressive, it’s like something just died in me.

Beth: Piece by piece something was dying inside me.

Gerda: Maybe I am depressed, but I really miss my children so much.

Helen: It was as if every time we had an argument and it turned ugly, or there was another incident where the abuse again just spilled over me, I went more and more numb. It was as if I could physically feel another part of my heart closing off. Piece by piece, I lost the feeling of being emotionally alive.

Elaine: I don't think I'll ever be able to open up to another man again.

- Maybe this whole mess is my fault as I'm the one with the depression.

Edwina: Of late I've been so emotional. We had a fight, and ten to one it's my fault.

Anca: He would always say that I'm too complicated and philosophical for him and his family.

Heidi: He would tell me that I'm too intense and that I do not let go.

Rose: I have been thinking I've had all the time to think about how I should change so that we can have a better life.

Beatrice: Am I not overreacting? Maybe it is all my fault for not wanting sex ....

Edwina: Of late I've been so emotional. We had a fight, and ten to one it's my fault.

### ***Doing Passivity***

Antionette: I know in the end we will separate, but at this stage I do not have the energy.

Mary: I cannot describe how tired I am.

Beth: I'm trying my best to a-peace him ... trying to do the ironing as he wants me to ...

### ***Doing Learned Helplessness***

Anca: After all these years I have grown timid ... I to scared to try anything on my own ...

Mary: He says he's had it with me ... I did everything for this relationship ... it was my sole purpose in life ... I have lost myself ....

Edwina: He never gives you the opportunity to explain ... he's not even interested in hearing what you have to say or what you think .... It's terrible living like this ....

Hannah: I'm still hoping ... I'm still trying to find explanations for his behaviour ... Maybe if I could understand ....

Beth: I've just lost all hope.

Anca: I don't have confidence any more. Anything I have to decide on is just too much. Just thinking about going to London has me breaking out into cold shivers.

Karen: I don't have a strong enough personality. That's why I allow him to take over.

Anca: He used to tell me how hopeless I was, "You're no good as a mother. Everything you touch, you fuck up." I'm so afraid to go back to work; afraid that I'll not be able to do it. I pray and hope that I won't mess that up as well.

### **Positions Herself as Dependent**

Ann: I felt so safe with him.

Cathy: I need to wait until I'm strong enough .. until I find my feet again.

Ann: I only now realize that he took over my whole life. I don't even know what things cost - He did all our food shopping.

Berna: I don't understand how I can leave him just to turn around 180 degrees and relentlessly return to his old ways. Emotions are treacherous things. They have a way of



deeply burying all the unpleasant and the unmanageable and to show only the yearning to be with someone and feel his presence. But quite soon the bad and the ugly turn up again. Wonderful see-saw ride, hey? And this I do in the ripe age of forty-six. Says a lot for maturity and accountability, don't you say?

### **Positions Herself as Victim**

Beth: He was working from 07:00 till 22:00, so I try and help him. Then we moved into the new house and everything was absolutely filthy. I did everything inside the house and then I took over the garden. If he'll only show some appreciation, but all I get is the abuse and the aggression.

Minette: Ian will at times, for a whole day, not once talk to me, ask me something or even acknowledge me being there ... .. If only we could talk. He simply doesn't speak to me. We're like two people sharing space. It's as if he doesn't care, he's merely not interested to work things out.

Ann: I have this feeling of having done everything for the relationship, for him .... And now he's leaving me. I'm left with the responsibility of the children all on my own – and he gets to go on with his life.

### **A Position of Dutiful Obedience**

Anca: I time and again fall for his manipulations. I'm so stupid ... when am I going to open my eyes ... Maybe it's me, always so pleasing.

Beatrice: How I'm to affect change? I must be more humble .... I must show him more attention ... because a wife is supposed to be subservient. At home you are supposed to be soft and compliant

Mandy: I just knew I had the choice ... I will either end up in an institution or I had to comply.

Riekie: He was this important and extremely busy CEO. When he came home in the evenings, he was tired, and most evenings he still had some work to do. So for fourteen years I took on everything. I stood by him and supported him. I handled all our financial matters. I totally took care of the children and all their needs. I organized holidays and family gatherings.

Rose: We were new in town, and being English-speaking on the Afrikaans platteland made it difficult to have friends. John was constantly at me, urging me to go out and make friends, as this would help me overcome the loneliness I felt. But it's difficult, and I ended up with only Cathy, my neighbour from across the street, but John disapproved of her. I suppose he was right, because she often would tell me what an asshole he was ... We would be having supper and I would say something to the effect of, "You know what happened to Cathy at the Spar today?" I would then just read the disdain on his face and the iciness in his manner. More than once he lashed out, "How many times have I told you that woman is bad news" or "When are you going to open your eyes and see the scum you're mixing with" or a sarcastic "You're such a dim-wit, mixing with another idiot". But in the end he did win, because the friendship did suffer, and eventually nothing was left.

### **A Position of Resisting the Abuse**

Beatrice: I loved school and academically I excelled. I was head girl and had a number of good friends .... I love the challenges of my job, learning something new every day.

Beth: I have never failed at anything.

### ***Aggression: Confrontation and Opposition***

Lynette: While on holiday, I constantly had to hear, "You with your fuckin' nose in the air." I knew he was trying to provoke me. He just wanted to have somebody he could take it out on, somebody to scold. I would be doing nothing and he would be angry, often

humiliating me in some way or another. He would sommer lock me in my room. Much, much later I started hitting back.

Beatrice: I just block him out ... I call him all these names in my head.

Gerda: I'm so ashamed to say, but there came a time that I just hit back at him.

### ***Challenging: Being Assertive and Objecting***

Antionette: I know I'm a control freak .. I do not give in easily.

### ***Reflecting: Discussion and Reasoning***

Minette: If only I can get some perspective on what's happening to me.

Nettie: If I try and reason with him he gets terribly annoyed. He accuses me of trying to be the boss.

Antionette: He never wants to talk about his behaviour.

Antoinette: We met up while in training and of course there was this constant "discussions" going on, but once we were married, I didn't dare to try and discuss anything I read with him. Thinking back, I now realize how threatened he was by my development; something that could make me emotionally less reliant on him. He was always saying, "You know, you're the clever one" – but also constantly telling me how stupid I was and complaining about everything I did 'wrong.

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