

Cambridge Elements

Elements in Applied Social Psychology

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ENTRAPMENT, ESCAPE, AND ELEVATION FROM RELATIONSHIP VIOLENCE

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Abstract: How does experiencing intimate partner violence (IPV) affect one's identity in terms of self-concept and self-esteem? This Element proposes a novel framework called the E3 Model in which relevant theory and research studies can be organized into three phases: Entrapment, Escape, and Elevation. Entrapment focuses on how people enter and commit to a relationship that later becomes abusive and how experiencing IPV affects the self. Escape explores how victims become survivors as they slowly build the resources needed to leave safely, including galvanizing self-esteem. Finally, Elevation centers on how survivors psychologically rebuild from their experience and become stronger, happier, more hopeful selves. The Element concludes with a discussion of applications of the E3 Model, such as public and legal policy regarding how to best help and support survivors.

This Element also has a video abstract: www.cambridge.org/AppliedSocialPsychology_Goodfriend_abstract

Keywords: intimate partner violence, relationship abuse, self-concept, self-esteem, identity

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