



VIOLENCE

PHYSICAL

SEXUAL

POWER AND CONTROL

USING ECONOMIC ABUSE

Preventing her/him from getting or keeping a job • making her/him ask for money • giving her/him an allowance • taking her/his money • not letting her/him know about or have access to family income

USING COERCION AND THREATS

Making and/or carrying out threats to do something to hurt her/him
• threatening to leave her/him, to commit suicide, to report her/him to welfare • making her/him drop charges • making her/him do illegal things

USING INTIMIDATION

Making her/him afraid by using looks, actions, gestures
• smashing things • destroying her/his property • abusing pets • displaying weapons

USING EMOTIONAL ABUSE

Putting her/him down • making her/him feel bad about herself/himself • calling her/him names • making her/him think she's/he's crazy • playing mind games • humiliating her/him • making her feel guilty

USING ISOLATION

Controlling what she/he does, who she/he see and talks to, what she/he reads, where she/he goes • limiting her/his outside involvement • using jealousy to justify actions

MINIMIZING, DENYING AND BLAMING

Making light of the abuse and not taking her/his concerns about it seriously • saying the abuse didn't happen • shifting responsibility for abusive behavior • saying she/he caused it

USING CHILDREN

Making her/him feel guilty about the children • using the children to relay messages • using visitation to harass her/him • threatening to take the children away

USING MALE PRIVILEGE

Treating her/him like a servant • making all the big decisions • acting like the "master of the castle" • being the one to define men's and women's roles

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