PHYSICAL VIOLENCE SEXUAL
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 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 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
POWER AND CONTROL
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
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
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
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
PHYSICAL VIOLENCE SEXUAL