

# PHYSICAL VIOLENCE

## Using Coercion & Threats

- Making and/or carrying out threats to hurt them
- Threatening to leave them, to commit suicide, to report them to welfare
- Making them do illegal things

## Using Intimidation

- Making them afraid by using looks, actions, gestures
- Smashing things
- Destroying their property
- Abusing pets
- Displaying weapons

## Using Economic Abuse

- Preventing them from getting or keeping a job
- Making them ask for money
- Giving them an allowance
- Taking their money
- Not letting them know about or have access to family income

## Using Emotional Abuse

- Putting them down, making them feel bad about themselves
- Calling names
- Gaslighting, playing mind games
- Humiliating them
- Making them feel guilty

# POWER AND CONTROL

## Using Privilege

- Treating them like a servant
- Making all the big decisions
- Acting like the "master of the castle"
- Being the one to define gender roles

## Using Isolation

- Controlling what they do, who they see and talk to, what they read, where they go
- Limiting their outside involvement
- Using jealousy to justify actions

## Using Children

- Making them feel guilty about the children
- Using the children to relay messages
- Using visitations to harass them
- Threatening to take the children away

## Minimizing, Denying & Blaming

- Making light of the abuse and not taking their concerns about it seriously
- Saying the abuse didn't happen
- Shifting responsibility for abusive behavior, saying they caused it

# SEXUAL VIOLENCE