

POWER AND CONTROL

EMOTIONAL ABUSE

- Withholding affection
- Putting you down
- Extreme jealousy
- Threats to harm you, themselves, or others
- Using guilt and/or blame

INTELLECTUAL ABUSE

- Making you question your intelligence or self worth
- Calling you stupid/ignorant/dumb
- Attacking your ideas/opinions

FINANCIAL ABUSE

- Controlling all finances
- Not paying child support
- Making you account for all spending
- Forcing or not allowing you to work

PETS & PROPERTY

- Threats and/or harm to pets
- Punching holes in wall
- Breaking property (phone, computer, car, heirlooms, ect)

USING CHILDREN

- Abuse of children
- Threatening to harm and/or take children
- Using visitation to harass or belittle you in front of children
- Isolation from friends and/or family
- Monitoring calls, texts, emails & social media
- Use of social privilege as an excuse to abuse/control

SOCIAL ABUSE

VERBAL ABUSE

- Yelling
- Swearing
- Mocking
- Putdowns
- Name calling and/or degrading and/or objectifying comments

PHYSICAL ABUSE

- Strangulation
- Blocking exits
- Shoving/pushing
- Restraining
- Punching
- Hitting
- Kicking
- Biting

SPIRITUAL ABUSE

- Using religion as an excuse to abuse or control you
- Forbidding you from attending church
- Putting down your faith

SEXUAL ABUSE

- Sexual putdowns
- Sexual objectification
- Forcing/coercing/withholding sex
- Threatening or having affairs
- Refusing/forcing use of birth control

PSYCHOLOGICAL ABUSE

- Threats of suicide/homicide
- Threatening gestures/actions
- Denial of abuse
- Gaslighting
- Stalking

USING CULTURE

- Not being allowed to participate in mainstream culture
- Using culture as an excuse to abuse/control