

Power & Control

Physical Abuse

Pushing, shoving, hitting. Slapping, choking, pulling hair. Punching, kicking, grabbing. Using a weapon against her. Beating, throwing her down. Twisting arms, tripping, biting.

Emotional Abuse

Putting her down or making her feel bad about herself, calling her names. Making her think she's crazy. Mind games.

Economic Abuse

Trying to keep her from getting or keeping a job. Making her ask for money, giving her an allowance, taking her money.

Sexual Abuse

Making her do sexual acts against her will. Physically attacking the sexual parts of her body. Treating her like a sex object.

Using Children

Making her feel guilty about the children, using the children to give messages, using visitation as a way to harass her.

Threats

Making and/or carrying out threats to do something to hurt her emotionally. Threaten to take the children, commit suicide, report her to welfare.

Using Male Privilege

Treating her like a servant. Making all the big decisions. Acting like the "master of the castle."

Spiritual Abuse

Not allowing her to maintain her own spiritual belief system. Forbidding her to attend church or religious gatherings. Ridiculing her beliefs /keeping her away from her source of spiritual strength.

Intimidation

Putting her in fear by using looks, actions, gestures, loud voice, smashing things, destroying her property.

Isolation

Controlling what she does, who she sees and talks to, where she goes.