VIOLENCE
PHYSICAL
SEXUAL
PHYSICAL
SEXUAL
VIOLENCE
POWER AND CONTROL
USING COERCION AND THREATS
Making and/or carrying out threats to do something to hurt her, threatening to leave her, to commit suicide, to report her to welfare, making her drop charges, making her do illegal things.
USING INTIMIDATION
Making her afraid by using looks, actions, gestures, smashing things, destroying her property, abusing pets, displaying weapons.
USING EMOTIONAL ABUSE
Putting her down, making her feel bad about herself, calling her names, making her think she's crazy, playing mind games, humiliating her, making her feel guilty.
USING ISOLATION
Controlling what she does, who she sees and talks to, what she reads, where she goes, limiting her outside involvement, using jealousy to justify actions.
MINIMIZING, DENYING AND BLAMING
Making light of the abuse and not taking her concerns about it seriously, saying the abuse didn't happen, shifting responsibility for abusive behavior, saying she caused it.
USING CHILDREN
Making her feel guilty about the children, using the children to relay messages, using visitation to harass her, threatening to take the children away.
USING MALE PRIVILEGE
Treating her 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 ECONOMIC ABUSE
Preventing her from getting or keeping a job, making her ask for money, giving her an allowance, taking her money, not letting her know about or have access to family income.