



POWER AND CONTROL

PHYSICAL VIOLENCE

SEXUAL

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 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.

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 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 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.

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.

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.

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