# Using Abuse To Get Your Way

Screaming, shouting, namecalling, throwing and/or breaking things to get what you want from Making family members.

#### Unreasonable Demands

Demanding that family members serve you, give you money, or do what you want them to do.

# Physical Abuse

Physically attacking parent and/or brothers or sisters: hitting, pushing, shoving, kicking, grabbing, poking, punching.

### **Violating Trust** of Family Members

Ignoring or violating family rules, leaving home without telling family, violating family expectations.

**PHYSICAL** VIOLENCE

Threats

and

# Denying, Justifying, Minimizing & Blaming

Acting like the abuse is no big deal saying that it never happened, telling your parent, brother,

or sister that they caused it.

#### Property Destruction

Destroying things around the house, destroying family members' belongings, damaging family home or cars, punching walls.

#### **Emotional Abuse**

Putting family members down, telling parents they're bad parents, making them feel guilty, ignoring them, Intimidation name calling,

using profanity. Using looks, actions, gestures to intimidate parents, brothers and sisters; making threats to run away, to harm or kill family pets; displaying weapons.