VIOLENCE

POWER

AND

CONTROL

PHYSICAL

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 **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 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 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 ISOLATION

SEXUAL

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.

PHYSICAL

VIOLENCE SEXUAL