PHYSICAL VIOLENCE SEXUAL USING USING INTIMIDATION THREATS

Making and/or executing threats to hurt someone Threatening to leave, commit suicide, or report them Threatening to out **ECONOMIC** a partner

POWER

AND

CONTROL

CHILDREN

the children

messages

children away

Using children to relay

Threatening to take the

Making someone afraid by using looks, actions, & gestures Destroying someone's property Displaying weapons

Smashing things Abusing pets

USING MOTIONAL ABUSE

Name calling Playing mind games Humiliating someone Putting someone down Making someone feel guilty Making someone think they are crazy

USING ISOLATION

Using jealousy to justify actions

Limiting involvement with the

outside world

read, where they go, etc.

Making all the big decisions Treating someone like a servant Defining the roles of each person in the relationship

Controlling was someone does, USING DENYING, who they talk to, what they

MINIMIZING, Making someone & BLAMING

feel guilty about Saying the abuse did not happen Shifting responsibility for abusive behavior Not taking someone's concerns seriously Making light of the

PAYSICAL VIOLENCE SEXUAL

USING PRIVILEGE

USING

ABUSE Preventing someone

from working

Taking someone's money

Controlling all the money

Giving someone an allowance