# **VIOLENCE**

### **PHYSICAL**

# USING COERCION AND THREATS

her do illegal things.

Making and/or carrying out threats to do something to hurt her
• Threatening to leave her, to commit suicide, or to report her to welfare • Making her drop charges • Making

### **SEXUAL**

# 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

# POWER AND CONTROL

## 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**

access to family income.

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 D 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**

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**

**SEXUAL** 

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