

# VIOLENCE

Physical

Sexual

## Using Coercion & 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.*

# POWER & CONTROL

## 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, societal privilege in general.*

## 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 & 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

# VIOLENCE