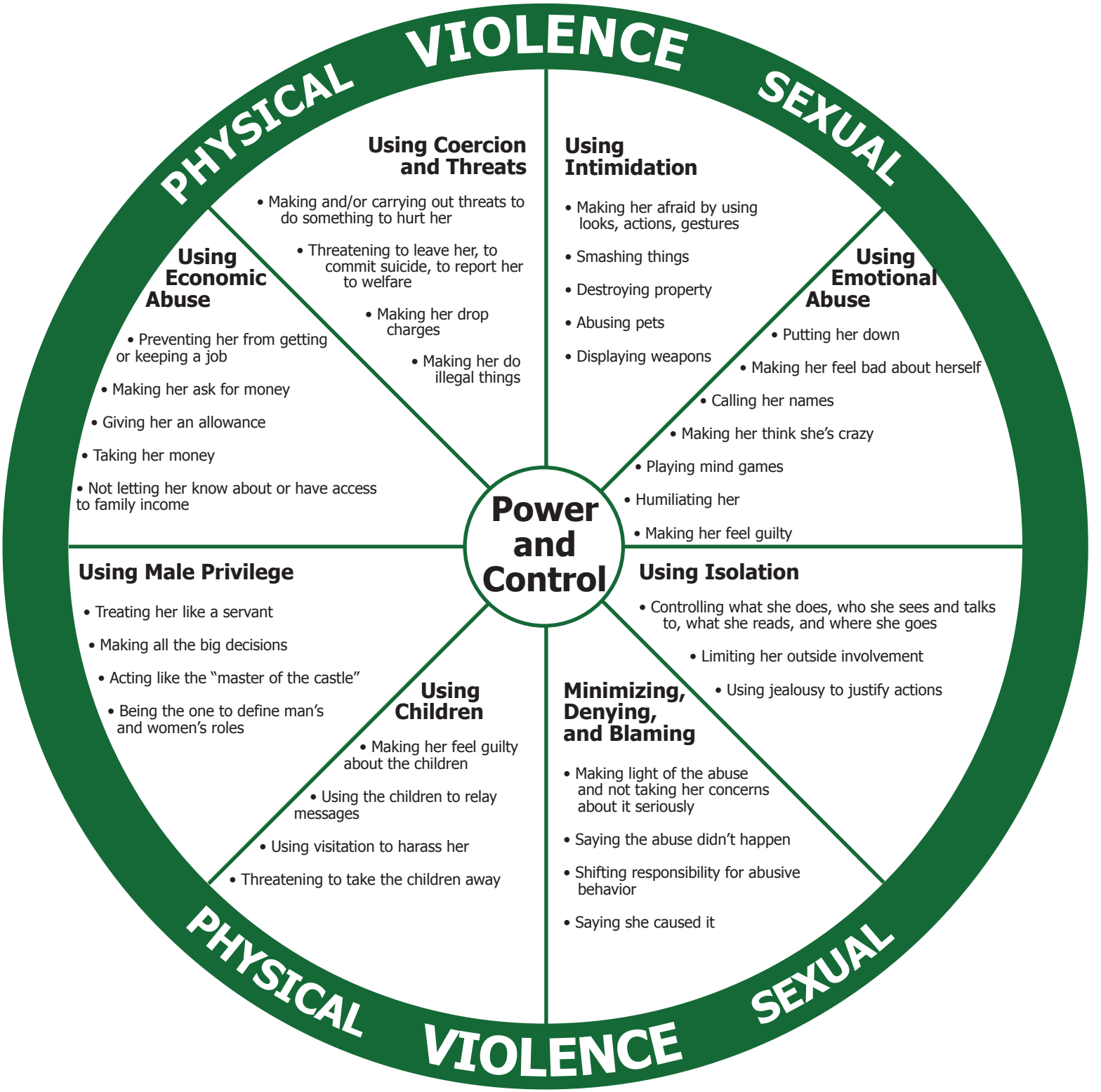
PHYSICAL VIOLENCE
SEXUAL
Using Coercion and Threats
• Making and/or carrying out threats to do something to hurt her
• Threatening to leave her, to commit suicide, to report her to welfare
• Making her drop charges
• Making her do illegal things
Using Intimidation
• Making her afraid by using looks, actions, gestures
• Smashing things
• Destroying 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
Power and 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 man's and women's roles
Using Isolation
• Controlling what she does, who she sees and talks to, what she reads, and 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, 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