

Power and Control

Using Coercion and Threats

- Making and/or carrying out threats to do something to hurt her/him
- Threatening to leave her/him, to commit suicide, to report her/him to welfare
- Making her/him do illegal things

Using Intimidation

- Making her/him afraid by using looks, actions, gestures
- Smashing things
- Destroying her/his property
- Abusing pets
- Displaying weapons

Using Economic Abuse

- Preventing her/him from getting or keeping a job
- Making her/him ask for money
- Giving her/him an allowance
- Taking her/his money
- Not letting her/him know about or have access to family income

Using Emotional Abuse

- Putting her/him down
- Making her/him feel bad about herself/himself
- Calling her/him names
- Making her/him think she's/he's crazy
- Playing mind games
- Humiliating her/him
- Making her feel guilty

Using Male Privilege

- Treating her/him 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 Isolation

- Controlling what she/he does, who she/he sees and talks to, what she/he reads, where she/he goes
- Limiting her/his outside involvement
- Using jealousy to justify actions

Using Children

- Making her/him feel guilty about the children
- Using the children to relay messages
- Using visitation to harass her/him
- Threatening to take the children away

Minimizing, Denying, and Blaming

- Making light of the abuse and not taking her/his concerns about it seriously
- Saying the abuse didn't happen
- Shifting responsibility for abusive behavior
- Saying she/he caused it