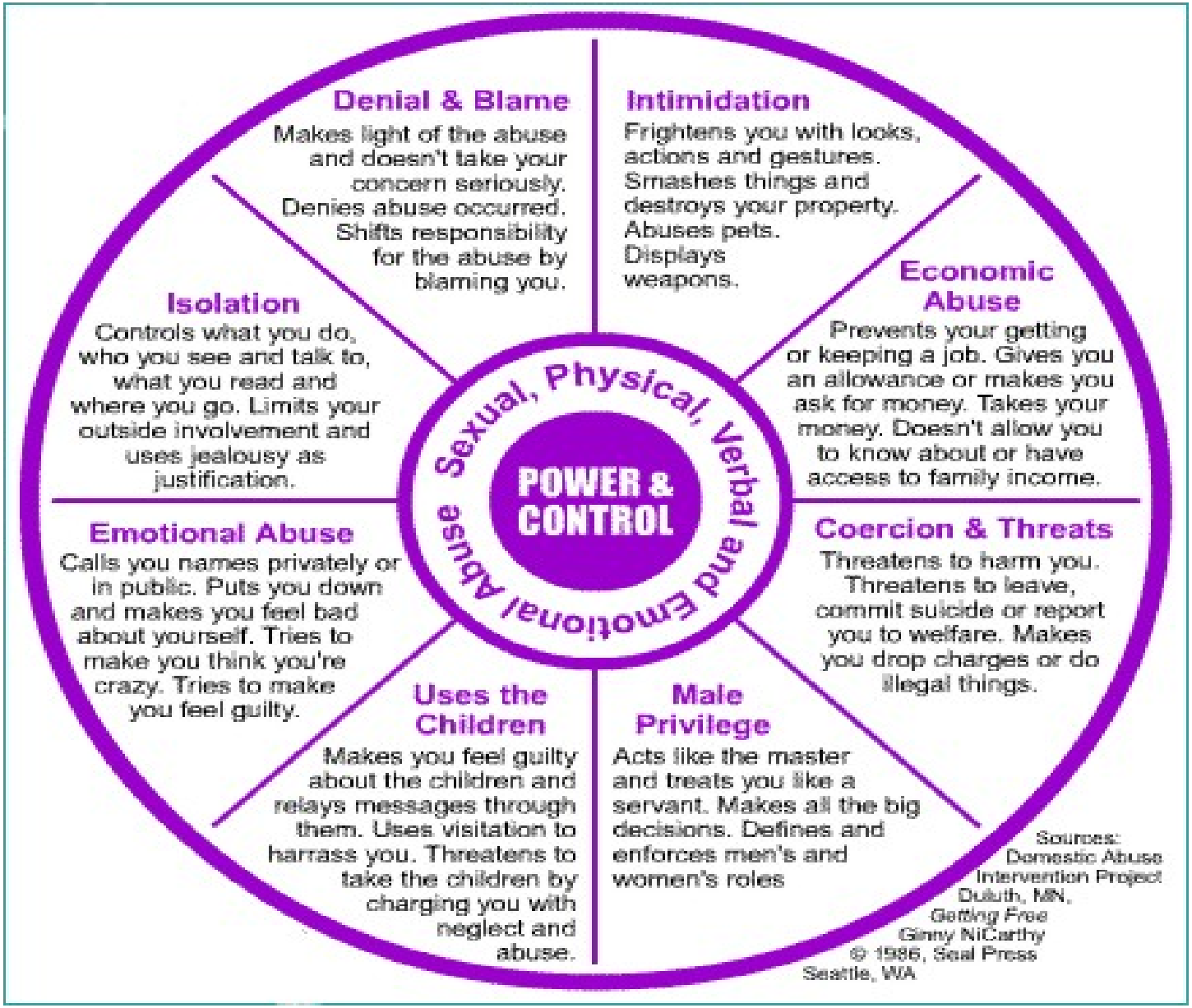
Sexual, Physical, Verbal and Emotional Abuse
POWER & CONTROL
Denial & Blame
Makes light of the abuse and doesn't take your concern seriously. Denies abuse occurred. Shifts responsibility for the abuse by blaming you.
Intimidation
Frightens you with looks, actions and gestures. Smashes things and destroys your property. Abuses pets. Displays weapons.
Isolation
Controls what you do, who you see and talk to, what you read and where you go. Limits your outside involvement and uses jealousy as justification.
Economic Abuse
Prevents your getting or keeping a job. Gives you an allowance or makes you ask for money. Takes your money. Doesn't allow you to know about or have access to family income.
Emotional Abuse
Calls you names privately or in public. Puts you down and makes you feel bad about yourself. Tries to make you think you're crazy. Tries to make you feel guilty.
Coercion & Threats
Threatens to harm you. Threatens to leave, commit suicide or report you to welfare. Makes you drop charges or do illegal things.
Uses the Children
Makes you feel guilty about the children and relays messages through them. Uses visitation to harrass you. Threatens to take the children by charging you with neglect and abuse.
Male Privilege
Acts like the master and treats you like a servant. Makes all the big decisions. Defines and enforces men's and women's roles
Sources:
Domestic Abuse Intervention Project
Duluth, MN,
Getting Free
Ginny NiCarthy
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Seattle, WA