



# VIOLENCE

PHYSICAL

SEXUAL

## POWER AND CONTROL

### 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 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.

### 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

### 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 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.

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