

## Physical Abuse

- Slapping
- Punching
- Pulling Hair
- Kicking
- Pushing
- Throwing out of home
- Biting
- Spitting on, spitting in face
- Twisting arms, limbs
- Twisting arm behind back
- Tickling
- Scaring their partner, jumping out of closets
- Throwing objects (picture frames, glasses, plates, knives)
- Burning (cigarettes, iron, hot water, grease)
- Tearing off clothes
- Pinching
- Breaking bones
- Tattooing
- Poking
- Being forced to watch others be abused (children, relatives, friends)
- Stabbing with a knife or a fork
- Shooting with a gun
- Forcing a survivor to eat when she or he isn't hungry, stuffing food in mouth
- Dragging
- Physically restraining by tying, locking, or otherwise bending
- Scratching with fingernails
- Hitting with belt
- Hitting with a paddle or other hard object
- Cutting with a knife or other sharp object
- Kidnapping
- Drug Addiction (forcing partner to take drugs)
- Sleep deprivation
- Bruising, cutting someone in non-visible areas
- Using unwanted foreign objects during sex
- Throwing the survivor off a bridge
- Pushing the survivor out of a window
- Not allowing their partner to eat
- Not taking survivor to the doctor
- Not letting survivor use the bathroom
- Not allowing survivor to bathe or dress
- Making survivor go unclean, unkempt
- Making the survivor do strenuous chores while pregnant
- Rape
- Forced labor, slavery, making the survivor work
- Not allowing the survivor to wear make-up
- Choosing their partner's wardrobe
- Choosing their partner's food

## **Emotional Abuse**

- Silent treatment
- Promoting their partner's addictions (forcing a recovering alcoholic to drink)
- Creating a dependence on meds, drugs, alcohol
- Ritualizing abuse
- Yelling, shouting, or screaming
- Insulting one's appearance, intelligence, etc.
- Making the survivor feel stupid
- Making the survivor feel like a child without valid opinions (can't make own decisions)
- Taking away the survivor's independence ("you can't do anything right!")
- Putting down the survivor's friends or family
- Constantly correcting the survivor's appearance or statements
- Making the survivor feel bad for doing things without their partner
- "I hope the children don't end up like you"
- "Nobody else would ever want you"
- Making the survivor cry
- Berating the survivor for her or his addictions
- "I love you, you're beautiful" (making survivor doubt prior insults and creating confusion)
- Making survivor jump or startle by threatening physical abuse
- Intimidation
- Name calling
- Being inconsistent, changing attitude all of the time
- Lying, both to the individual and about them
- Breaking promises
- Humiliating in front of friends, family, coworkers
- Cheating, infidelity
- Making the survivor watch their partner in the act of infidelity
- Controlling all decisions around money, family, etc.
- Being emotionally unavailable
- Blaming/Making the survivor feel that everything is their fault (they are responsible for the abuse)
- Belittling the survivor, comparing them to past partners
- Keeping secrets
- Withholding sex
- Not being physically present on a big day for the family

## **Economic Abuse**

- Using \$ as incentive to have sex, not tell, etc. (If you do \_\_\_\_, I'll give you \$ for your trip with your sister.)
- Not giving \$ for food, utilities, clothing, rent, etc.
- Refusing to pay child support
- Threatening to take children away because of the survivor's lack of income
- Ruining partner's credit (running up credit card bills)
- Not allowing the survivor to work or go to school
- Cashing the survivor's paycheck and not giving any of the money to the survivor
- Refusing to work and making the survivor provide all financial support
- Stealing from someone, forcing the survivor to steal
- Shutting off utilities
- Using \$ or presents to buy the children
- Spending their savings
- Using rent or utility money for their own satisfaction
- Control over proper diet by not buying sufficient food
- Sexually exploiting the survivor for cash
- Not giving \$ for medical expenses
- Ridiculing how the survivor chooses to spend money
- Gambling
- Selling possessions of the survivor
- Withholding information, lying so survivor is ignorant of financial situation
- Cashing out retirement accounts
- Controlling the survivor's investments or making bad investments
- Cutting a person out of an inheritance
- No access to ATM, bank accounts, etc.
- Prostituting the survivor for cash

## Sexual Abuse

- Forced sex
- Forcing to have sex with someone else
- Raping with objects
- Forcing partner to watch pornography
- Forcing partner to watch sexual abuse of own children
- Forcing partner to watch sexual acts with a third party
- Forced participation in an orgy or group sexual act
- Gang rape
- Refusing to have sex
- Taking away survivor's sexuality
- Forcing partner to participate in sexual acts which degrade the survivor (defecating or urinating on the survivor)
- Forcing survivor to satisfy themselves
- Ritual sexual abuse
- Abuser not disclosing that they have an STI
- Selling survivor for sex
- Paying survivor for sex when they are not a sex worker
- Humiliating survivor in front of friend or coworker on how survivor performs in bed
- Exposing "out" private sexual behaviors
- Forced sex with pets, animals, children
- "Who would ever have sex with you? You are so ugly"
- Refusing to use birth control or not allowing partner to use birth control
- Forced sex in public places
- "You're frigid"
- Female circumcision or other genital mutilation
- Talking about sexual exploits or making partner watch
- Videotaping sexual acts and making partner watch or posting online
- Any sexual act where coercion is present or a lack of mutual consent is present constitutes sexual abuse

## Threats

- “I’ll put you on the streets”
- “Don’t tell, or next time it will be worse”
- “I’ll die if you leave”
- To call the police on the survivor
- Threat of harm if survivor goes to work
- Abuser threatens to, or actually does obtain a restraining order against the survivor
- Threats around money: taking it, not giving it
- Calling on the phone, at work
- Threats to take the car, house, kids, everything
- “I’ll leave you”
- “I’ll call INS and report you. You’ll never see your kids again”
- “I’ll take the kids to another country and you’ll never see them again”
- “I’ll tell your family how awful you’re being”
- “I’ll kill you or the kids or your family or your friends”
- “I’ll have an affair with somebody else. Maybe I’ll bring her to live here with us”
- Threats of Suicide/Overdose/Drugs/Poison
- Threats to burn the house down, destroy property
- Abuser won’t give any money unless survivor agrees to have sex
- “I’ll tell everyone how much you drink or use drugs”
- Threats to “out” someone in places they are not already “out” (workplace, certain family members, religious organization)
- Threats to kill or injure pets
- Threats to reveal personal information about friends or family members
- Threats to cause scarring or other damage to face
- “If you buy something, I will hurt you or your pets”
- “No one else will ever love you like I love you”
- Threats to perform rape or sexual acts that the survivor doesn’t like or want
- Threats over the phone: “You’ll get it when I get home if you don’t...”

## **Minimizing, Denying, Blaming**

- Telling survivor what they say isn't true
- Telling survivor that problems are their fault
- If the survivor has a concern, telling them it isn't a big deal
- Hitting the survivor, then saying, "you deserved it!"
- Drinking, drugging, abusing kids, screwing up at work, getting in trouble with the law; then telling survivor that they drove them to it
- Refusing to get medical services for the survivor; both for injuries from violence and/or other health needs
- Yelling at survivor, then saying, "you're too sensitive" or "I'm not yelling"
- Denying the violence, making the survivor feel they are crazy
- Not acknowledging hurts and wanting credits for gifts. ("What about the necklace I bought you?")
- "I'm not as bad as your ex, your brother, etc."
- "What would you do without me?"
- "You're stupid! You never do anything right!"
- Refusing to acknowledge the survivor's accomplishments like not attending a graduation
- Saying the survivor is a bad parent or that they are breaking up the family
- Denying the relationship
- Denying fatherhood or motherhood of children
- Cheating on the partner
- Lying about where the survivor has been
- "Everybody does it and it's not unusual"
- Lying about the violence
- "They just bruise easily"
- "She was PMSing and driving me nuts"
- Manipulating the survivor's emotions and making they feel sorry for the abuser
- "She is just like her mother, she's used to it"
- He didn't mean to do it/it only happened once
- Making excuses for getting hit
- Covering up marks
- Saying what a great person the abuser is
- "They (the survivor) hit me first"
- "I was drunk/high and that is why I beat you"
- Minimizing the impact of walking out on the family and returning to other family in native country
- Accusing survivor of cheating or "sleeping around"
- "This is what lesbians do" (defining reality)

## Using Children

- Sexually abusing the children and saying it is because the survivor doesn't sexually satisfy the batterer
- Abuser shows up at school and takes the children out of class
- Using children to translate things they shouldn't be
- Involving children in crimes or murder
- Threatening survivor to take the children away from them
- Teaching children to be violent
- Manipulating the children to side with the abusive parent--pitting one survivor against another
- Threaten survivor with abusing children if survivor does not obey the abuser
- Using children on W2 forms, IRS
- Making the children send messages to the survivor during visitation
- Children are expected to act, function, as adults
- Buying the children with lavish gifts
- Custody battles
- Drug trafficking
- Killing children for their life insurance money
- Lying to children about the other parent
- Trying to gain greater visitation rights with children to avoid paying child support
- Having kids watch for you during crimes
- "Shut up-you wouldn't want the kids to hear you"
- "If you weren't such a bad parent, I wouldn't have to do this."
- Making the survivor afraid to leave the kids alone with the batterer, thus further isolating the survivor
- Making the survivor abuse the children, so she or he is a partner in the crime
- "If you don't hit them, I will with a belt!"
- Providing foster care for money and then reporting the survivor to CPS
- Abusing partner in front of children
- Lying to teachers, doctors, saying survivor abuses the children
- Kidnapping, ransom
- Impregnating to keep bonds, ties
- Killing the children
- Refusing to let survivor see children because they are not the biological parent
- Asking the children investigatory questions about the survivor during the visit

## **Religious Abuse**

- “It is a sin not to have sex with your husband”
- Killing “in God’s name”
- Submit to your husband/spouse/partner
- Requiring worship/adherence to a particular faith
- Patriarchal hierarchy
- Saying that you’ll tell the priest/minister/rabbi, etc.
- It’s in the Bible, Koran, etc.
- Insulting the survivor’s religion, forcing to break religious traditions
- “I will divorce you”
- Forcing survivor to change religion
- Forcing survivor to wear religious clothing against their will
- Honor killings
- Raping women to avenge wrong committed by male relative
- Negating the survivor’s faith because of their lifestyle, sexual orientation, gender identity, religious affiliation, etc



## **Using Institutions of Oppression**

- Abuser believes they have a right to control partner/children
- It doesn't happen to people of my ethnicity/income level/religious group..
- The judge/courts don't count emotional or economic abuse
- "What makes you think they will listen to a crazy person like you?"
- Prison abuse
- Abuser filing for a restraining order and getting custody of the kids
- "Go ahead and call the cops, who do you think they'll believe?"
- Preying on the survivor's level of education
- "Do you know how much it costs to get a lawyer?"
- "If you go to the hospital, I will tell them how much you drink"
- Threatening deportation/abandonment
- Using language as power/isolation/survivor doesn't know the language
- Lack of public policy to protect survivors and treat them as abusers
- (Example: failure to protect charge from CPS regarding children)
- Use of court system to gain custody of the children as a way to control the survivor
- Manipulation of medical establishment to control survivor
- Lying to the police
- Joining the military where violence is sanctioned-isolating survivor from nonmilitary culture
- "You're not a U.S. citizen"
- Using survivor's disabilities, if any, for whatever reason

## **Using Isolation and Intimidation**

- Not delivering messages from family and friends
- Using size as intimidation-standing too close, hovering, etc.
- Embarrassing survivor in front of people so survivor no longer wants to socialize
- Making the survivor stay at home; denying access to car or other transportation, hiding keys
- Restricting access to telephone or internet, monitoring computer use
- Keeping the individual away from friends and family, limiting social interactions
- Restricting access to education, jobs and skill building to prevent them from obtaining independence
- Insulting the survivor, making them feel paranoid and lack a sense of self so they will feel trapped
- Moving the survivor to an unsafe or unfamiliar neighborhood where they don't know anyone so they're afraid to go out
- Keeping survivor occupied all day with endless chores
- Tells lies about what friends or family said about the survivor
- Identifying survivor as mentally unstable and threatening to send to a psychiatric institution
- "If you leave, I'll kill myself"
- Prevent survivor from learning the language
- Keeping survivor trapped in their room 90% of the day
- Dictating when the survivor can eat, use the bathroom, etc
- Constant phone calls to monitor the survivor's location at all times
- Surprise visits home to check on the survivor during the day
- Follows the survivor or turns up where not expected so the survivor begins to feel like the abuser can always see where they are and what they're doing
- Forwarding mail
- Taking immigration papers, passport, drivers license