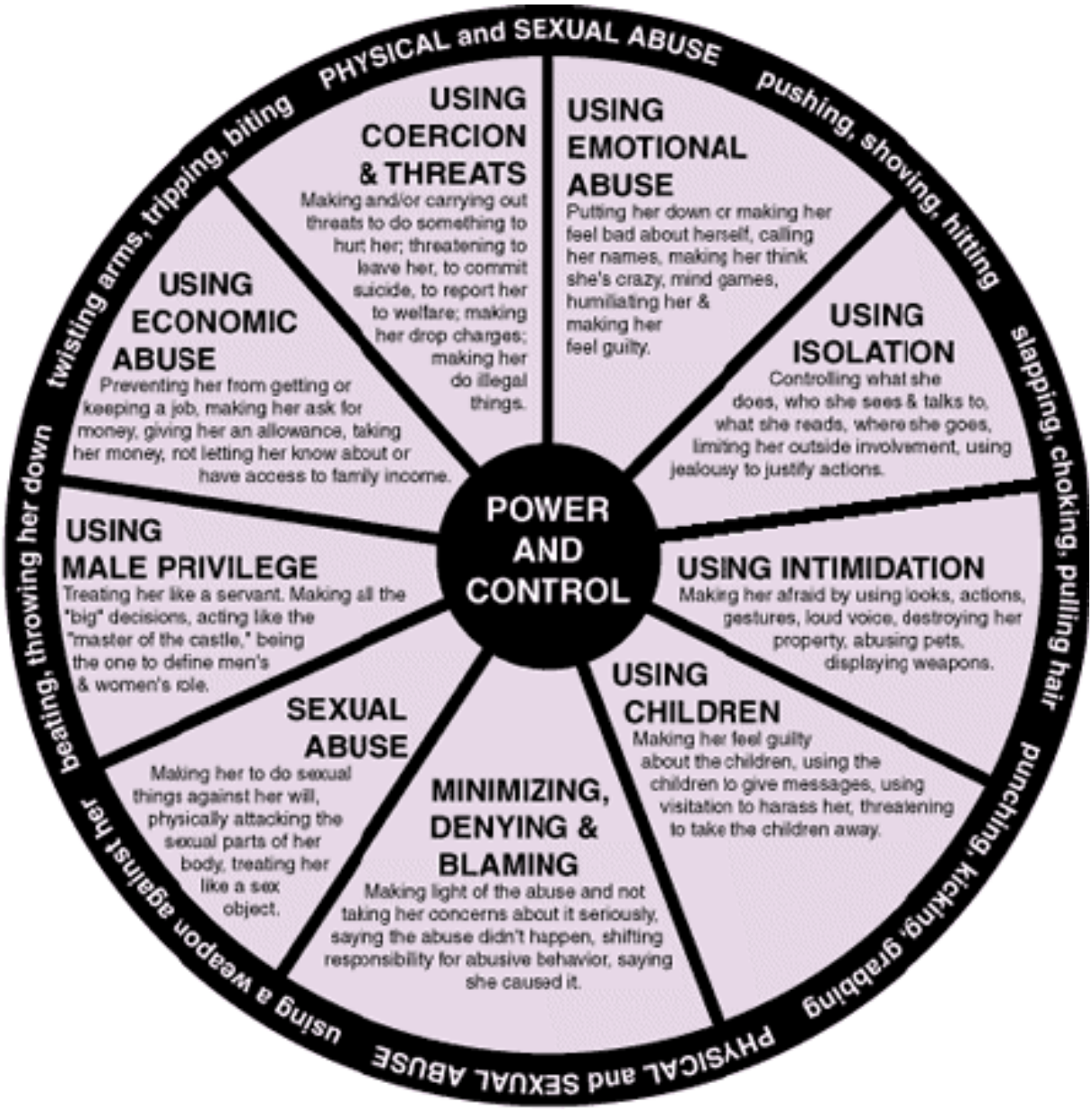
PHYSICAL and SEXUAL ABUSE
pushing, shoving, hitting
slapping, choking, pulling hair
punching, kicking, grabbing
PHYSICAL and SEXUAL ABUSE
using a weapon against her
beating, throwing her down
twisting arms, tripping, biting
POWER AND CONTROL
USING COERCION & THREATS
Making and/or carrying out threats 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 EMOTIONAL ABUSE
Putting her down or making her feel bad about herself, calling her names, making her think she's crazy, mind games, humiliating her & making her feel guilty.
USING ISOLATION
Controlling what she does, who she sees & talks to, what she reads, where she goes, limiting her outside involvement, using jealousy to justify actions.
USING INTIMIDATION
Making her afraid by using looks, actions, gestures, loud voice, destroying her property, abusing pets, displaying weapons.
USING CHILDREN
Making her feel guilty about the children, using the children to give messages, using visitation to harass her, threatening to take the children away.
MINIMIZING, DENYING & 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.
SEXUAL ABUSE
Making her to do sexual things against her will, physically attacking the sexual parts of her body, treating her like a sex object.
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 & women's role.
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.