

TYPES AND DEFINITIONS OF ABUSE

PHYSICAL

Does your partner . . .

- ✓ push or shove you?
- ✓ hold you to keep you from leaving?
- ✓ slap or bite you?
- ✓ pull your hair?
- ✓ kick or strangle you?
- ✓ hit or punch you?
- ✓ lock you out of the house?
- ✓ abandon you in dangerous places?
- ✓ refuse to help you when you are sick?
- ✓ subject you to reckless driving?
- ✓ rape you?
- ✓ throw things at you or break things?
- ✓ threaten to hurt you with a weapon.
- ✓ spit on you?
- ✓ disable the phone?

Do you . . .

- ▶ feel fearful of the assault?
- ▶ wonder if it will be worse next time?

SEXUAL

Does your partner . . .

- ✓ tell jokes or make demeaning remarks about your sex/gender?
- ✓ treat you as a sex object?
- ✓ get jealously angry, saying you would be sexually active with any available person?
- ✓ insist you dress in a more sexual way than you want to?
- ✓ compare you to others?
- ✓ minimize the importance of your feelings about sex?
- ✓ criticize your body and/or sexual performance?
- ✓ insist on unwanted and uncomfortable touching and/or objects?
- ✓ inflict pain and not stop when asked to?
- ✓ withhold sex and affection?
- ✓ call you sexual names like “whore” or “frigid?”
- ✓ force you to take your clothes off when you don’t want to?
- ✓ rape you?
- ✓ publicly show sexual interest in others?
- ✓ go out with others after agreeing to a monogamous relationship?
- ✓ force particular unwanted sex acts?
- ✓ bring home unwelcome pornography and/or take unwelcome or unknown photographs or videos?

Do you . . .

- ✓ feel less physically attractive than you did before?
- ✓ feel sexually ashamed or humiliated?
- ✓ believe no one else would want you sexually?

FINANCIAL

Does your partner . . .

- ✓ deny you access to money and/or bank accounts?
- ✓ make you account for all your spending?
- ✓ force you to work or refuse to let you work?
- ✓ sabotage your work/school?
- ✓ run up debts in your name?
- ✓ engage in excessive spending?
- ✓ break things that must be replaced?
- ✓ cause you to be evicted?

Do you . . .

- ▶ feel financially helpless and/or dependent on your partner?
- ▶ feel unable to protect yourself financially?

EMOTIONAL

Does your partner . . .

- ✓ ignore your feelings?
- ✓ ridicule or insult your most valued beliefs, your religion, race, heritage, class, or gender?
- ✓ withhold approval, appreciation or affection as punishment?
- ✓ continually criticize you, call you names, put you down?
- ✓ shout at you and intimidate you?
- ✓ insult your family and/or friends?
- ✓ humiliate you in private or in public?
- ✓ make all decisions for you?
- ✓ control your actions?
- ✓ monitor your time and/or mileage?
- ✓ threaten you or your loved ones?
- ✓ act jealous and harassing about imagined romantic involvement between you and others?
- ✓ manipulate you with lies and contradictions?
- ✓ isolate or alienate you from your family and/or friends?
- ✓ rationalize or deny things that were hurtful?
- ✓ look like an “angel” to everyone else?
- ✓ blame you for everything?

Do you . . .

- ▶ ever doubt your own judgment?
- ▶ express your opinion less and less?
- ▶ develop fears of doing the “wrong” thing?
- ▶ see others less and less frequently?
- ▶ feel less confident about your abilities?
- ▶ get depressed?

SPIRITUAL

Does your partner . . .

- ✓ Put down your values or beliefs?
- ✓ Use the beliefs or teachings of the church to justify abusive behavior?
- ✓ Isolate you from other people who could be supportive of you?
- ✓ Interfere with your ability to practice your religion or worship in the way (or where) you would choose to?
- ✓ Keep you from raising your children in the way that is consistent with your beliefs?
- ✓ Continuously tear you down to the point that you’ve lost touch with who you are and/or what’s important to you?
- ✓ Destroy your self-esteem through unrelenting words and actions?
- ✓ Separate you from all the things that are important to your self-identity?

Do you . . .

- ▶ Find it difficult to remember what brings you joy or what feeds your spirit?
- ▶ Feel like it would be unsupported and/or unsafe to truly be “yourself” on a regular basis?
- ▶ Feel guilty admitting that you have feelings and desires that are valid and important?
- ▶ Ever allow yourself to pursue your personal dreams and interests?

Remember:

No one deserves to be abused no matter what!

You are not “crazy” abuse can have you questioning your own mind, but it is the actions of someone else that makes you feel less than you are!

You are not alone reach out and find the hand that is extended to you.