

Appendix D

Types of Abuse

- *Economic abuse*: puts restrictions on your employment; makes you ask for money; gives you an allowance and takes the money you earn; requires you to account for every penny you spend; spends recklessly
- *Emotional abuse*: puts you down; calls you names; plays mind games; commits mental coercion; exhibits extreme controlling behaviors; withholds affection; causes you to lose your identity
- *Financial abuse*: ruins your credit; puts cars, house, recreational equipment, and/or property in his name; spends your money; uses your credit or savings to make you dependent on him
- *Humiliation*: uses hostile humor; publicly humiliates you; criticizes you; degrades your appearance, parenting skills, housekeeping, cooking, etc.
- *Intimidation*: uses looks, actions, gestures, and voice to cause fear; argues continuously; demands that you say what he wants to hear

Types of Abuse

- **Isolation:** controls what is done, who is seen, who is talked to; limits or listens in on phone calls; sabotages car; restricts outside interests; insists on moving frequently; requires you to stay in the house; restricts access to the mail; deprives you of friends
- **Knowledge abuse:** gets therapy, goes to seminars, and uses self-help books to abuse with the knowledge he has but doesn't take responsibility for personal behaviors
- **Male privilege:** treats you like a servant; makes all the decisions; acts like "the master of the castle"
- **Medical abuse:** hurts you and does not allow you to receive medical treatment; does not allow you to receive medical treatment for normal health issues
- **Physical abuse:** abuses you by beating, biting, choking, grabbing, hitting, kicking, pinching, pulling hair, pushing, restraining, scratching, shaking, shoving, slapping, smothering, spanking, excessive tickling, tripping, twisting arms, using weapons
- **Power:** denies basic rights; uses the law to enforce his power; deprives you of a private and personal life; mandates duties; controls everything (e.g., the amount of bath water you use)
- **Property violence:** punches walls; destroys property; breaks down doors; pounds tables; abuses pets; etc.
- **Religious abuse:** uses Scripture and words such as *submission* and *obey* to abuse
- **Responsibility abuse:** makes you responsible for everything in life (e.g., bills, parenting, etc.)
- **Sexual abuse:** demands unwanted or bizarre sexual acts; physically attacks sexual parts of your body; treats you as a sex object; interrupts sleep for sex; forces sex; exhibits extreme jealousy
- **Silence:** uses silence as a weapon; does not communicate; does not express emotion

Types of Abuse

- *Stalking*: spies on you; follows you to activities (e.g., store, church, work, etc.); displays extreme distrust and jealousy
- *Threats*: threatens to end the relationship, to emotionally or physically harm you, to take the children, to commit suicide, to report you to authorities; threatens your life; forces you to break the law
- *Using children*: uses the children to give messages; uses visitation rights to harass; uses child support as leverage
- *Verbal abuse*: curses; accuses; name-calls; uses past to control and manipulate; commits mental blackmail; makes unreasonable demands