## **Tension Building**

Abuser is critical, mean. withdraws affection, increases substances use. Survivor tries to calm or appease them to avoid violence.

### Start of Relationship: 1st Honeymoon

Abuser appears kind, loving, "too good to be true". Often. abusers will "love bomb", giving gifts. spending a lot of time with you, ect.

#### **EMOTIONAL ABUSE**

-Withholding affection -Putting you down -Extreme jealousy

### INTELLECTUAL

-Threats to harm **ABUSE** vou, themselves. Making you question or others your intelligence -Using guilt or self worth and/or -Calling you stupid/

ignorant/dumb

-Attacking your

ideas/

USING

-Abuse of children

-Threatening to harm

and/or take children

-Using visitation to

harass or belittle

vou in front of

children

**CHILDREN** 

opinions

#### **FINANCIAL ABUSE**

**PETS & PROPERTY** 

-Breaking property

heirlooms, ect)

-Punching holes in wall

(phone, computer, car,

-Controlling all finances

-Threats and/or harm to pets

- -Not paying child support -Making you account for all spending
- -Forcing or not allowing you to work

## **POWER** AND **CONTROL**

**SOCIAL** 

**ABUSE** 

-Isolation

from friends

and/or family

-Monitoring

calls, texts.

abuse/control

emails &

social media

privilege as an

-Use of social

excuse to

blame

#### PHYSICAL ABUSE

- -Strangulation
- -Blocking exits
- -Shoving/pushing
- -Restraining
- -Punching
- -Hitting -Kicking
- -Biting

#### SPIRITUAL **ABUSE**

- -Using religion as an excuse to abuse or control vou
- -Forbidding you from attending church
- -Putting down vour faith

#### SEXUAL **ABUSE** -Sexual putdowns

- -Sexual objectification
- -Forcing/coercing/withholding sex -Threatening or having affairs
- Refusing/forcing use of birth control

#### **PSYCHOLOGICAL ABUSE**

- -Threats of suicide/homicide -Threatening gestures/actions
  - -Denial of abuse -Gaslighting

-Stalking

#### **USING CULTURE**

#### **VERBAL** -Not being **ABUSE**

- -Yelling
- -Swearing -Mocking
- -Putdowns
- -Name calling -Degrading and/or
- objectifying comments

- allowed to participate in
  - mainstream culture
  - -Using culture as an excuse to
    - abuse/control

## iust leave?

Incident

Abuser lashes out using tools

to maintain power & control.

Survivor does what is

necessary to survive.

## **Honeymoon Phase**

Abuser apologizes, buys gifts, makes excuses & promises. Survivor accepts apologies due to normal feelings of love & hope for their partner or relationship. Survivor feels hope.

# Why don't people

Many reasons: money, kids, housing, but most commonly because they love their abuser and believe they can change.