Tension Building

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

EMOTIONAL ABUSE

-Withholding affection -Putting you down -Extreme jealousy

INTELLECTUAL -Threats to harm **ABUSE**

you, themselves, Making vou question or others your intelligence -Using guilt or self worth and/or -Calling you stupid/ blame

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**

- -Controlling all finances
- -Not paying child support

PETS & PROPERTY

-Breaking property

-Punching holes in wall

(phone, computer, car,

heirlooms, ect)

- -Making you account for all spending
- -Forcing or not allowing you to work

-Threats and/or harm to pets

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

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 putdowns -Sexual objectification

SEXUAL

ABUSE

Incident

Person causing harm lashes out

using tools to maintain power &

control. Can be verbal.

psychological, physical, etc.

Survivor does what is

necessary to survive.

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

PSYCHOLOGICAL ABUSE

- -Threats of suicide/homicide
 - -Denial of abuse

VERBAL -Not being

USING

CULTURE

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

- -Threatening gestures/actions
 - -Gaslighting
 - -Stalking
- allowed to participate in
 - mainstream culture -Using culture as an
 - excuse to
 - abuse/control

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Honeymoon Phase

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