

RECOGNIZING INTIMIDATION AND VIOLENCE

The following are ways that one person in a relationship may intimidate or control others. The most extreme way is actual violence toward the other person.

Economic Control:

- not letting her get a job
- making him ask for money
- giving her an allowance
- taking his money
- not letting her have access to any income

Isolation:

- controlling what she does, whom he sees and talks to, where she goes

Using Children:

- making him feel guilty about the children
- using the children to relay messages
- threatening to take the children away

Using Intimidation:

- making her afraid by looks, actions or gestures
- smashing things
- destroying his property
- abusing pets
- displaying weapons

Emotional Abuse:

- putting him down
- making her feel badly about herself
- calling him names
- making her think she's crazy
- humiliating him
- making her feel guilty

Using Coercion and Threats:

- making and carrying out threats to hurt her
- threatening to leave him, to commit suicide, or to report him to welfare
- making her drop charges or do illegal things

Minimizing, Denying, and Blaming:

- making light of past abuse or saying the abuse didn't happen
- shifting responsibility for the abuse... "You asked for it!"

Violent Behavior:

- slapping or flicking
- blocking an exit or holding down
- hitting, punching or kicking

Sexual Violence:

- manipulating or making a person feel guilty
- making a person perform unwanted sexual acts
- sexual assault