USING COERCION AND THREATS
• Making and/or carrying out threats to do something to hurt him/her
• threatening to leave them, to commit suicide or to report them to welfare
• making them drop charges, or do illegal things

USING INTIMIDATION
• Making them afraid by using looks, actions, or gestures
• smashing things • destroying property • abusing pets • displaying weapons.

USING ECONOMIC ABUSE
• Preventing them from getting or keeping a job • making them ask for money
• giving her/him an allowance • taking her/his money
• not letting her/him know about or have access to family income.

USING EMOTIONAL ABUSE
• Putting them down
• making them feel bad about themselves • name calling
• making them think they’re crazy
• playing mind games • humiliating them, or making them feel guilty.

USING GENDER PRIVILEGE
• Treating them like a servant
• making all the big decisions • acting like the “master of the castle”
• being the one to define men’s and women’s roles

USING ISOLATION
• Controlling what the other person does, or who they see and talk to
• Limiting where they go, what they read or their outside involvement
• using jealousy to justify actions.

USING CHILDREN
• Making them feel guilty about the children
• using the children to relay messages
• using visitation to harass the former partner
• threatening to take the children away.

MINIMIZING, DENYING AND BLAMING
• Making light of the abuse and not taking the other person’s concerns seriously
• saying the abuse didn’t happen • shifting responsibility for abusive behavior • saying they caused it.

POWER AND CONTROL

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