

TYPES OF ABUSE

EMOTIONAL ABUSE:

- **Ignored your feelings**
- **Ridiculed or insulted women as a group**
- **Ridiculed or insulted your most valued beliefs – your religion, race, heritage, or class.**
- **Withheld approval, appreciation, or affection, as punishment**
- **Continually criticized you, called you names, or shouted at you**
- **Insulted or drove away your friends or family**
- **Humiliated you in public or in private**
- **Refused to socialize with you**
- **Refused to work or share money**
- **Took car keys or money away**
- **Regularly threatened to leave or told you to leave**
- **Threatened to hurt you or your family**
- **Punished or deprived the children if you left him**
- **Abused pets to hurt you**
- **Told you about his affairs**
- **Harassed you about affairs he imagined you were having**
- **Manipulated you with lies and contradictions**

PHYSICAL ABUSE:

- **Pushed or shoved you**
- **Restrained you to keep you from leaving**
- **Slapped you or bit you**
- **Kicked or choked you**
- **Hit or punched you**
- **Thrown objects at you**
- **Locked you out of the house**
- **Abandoned you in dangerous or uncomfortable places**
- **Refused to help you when you were sick, injured, or pregnant**
- **Forced you to have sex**
- **Threatened or hurt you with a weapon**

SEXUAL ABUSE:

- **Told anti- woman jokes or made demeaning remarks about women**
- **Treated women as sex objects**
- **Been jealous and angry assuming you would have sex with any available man**
- **Insisted you dress in a more sexual way then you were comfortable with**
- **Minimized the importance of your feelings about sex**
- **Criticized you sexually**
- **Forced particular unwanted sex acts**
- **Had affairs with other women after agreeing to be in a monogamous relationship**

- **Committed sadistic sexual acts**
- **Forced sex after beating, when you were sick, or when it was a danger to your health**
- **Forced sex with him/her or someone else, or forced you to watch others**