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 than 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