**WHAT IS ABUSE?**

**A CHECKLIST**

(ADAPTED FROM GINNY NICARTHY)

Abuse includes physical, sexual, or emotional attacks ranging from mild to lethal. Ask yourself whether your intimate partner has done any of these things to you:

### Physical Abuse:

- Pushed or shoved you
- Held you to keep you from leaving
- Slapped or bit you
- Kicked or choked you
- Hit or punched you
- Thrown objects at you
- Locked you in or out of the house
- Abandoned you in dangerous places
- Refused to help you when you were ill, injured, or pregnant
- Subjected you to reckless driving
- Forced you off the road or kept you from driving
- Raped you
- Threatened to hurt you with a weapon

### Sexual Abuse:

- Told anti-women jokes or made demeaning remarks about women
- Treated women as sex objects
- Been jealously angry, assuming you would have sex with any available man/woman
- Insisted you dress in a more sexual way than you wanted
- Minimized the importance of your feelings about sex
- Criticized you sexually
- Withheld sex and affection
- Called you sexual names like “whore”, “frigid”
- Forced you to strip when you didn’t want to
- Publicly showed sexual interest in other women
- Had affairs with other women after agreeing to be monogamous
- Forced particular unwanted sexual acts
- Forced sex with him/her or others or forced you to watch others
- Forced sex when you were ill or it was a danger to your health
Forced sex for the purpose of hurting you with objects
Forced sex after beating
Committed sadistic sexual acts

Emotional abuse is often very difficult to define and recognize. Emotional abuse can range from subtle and covert to blatant and overt words and/or behaviors. How many of these things has your partner done to you?

**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, shouted at you
Insulted or drove away your friends or family, (isolation)
Humiliated you in public or private
Refused to socialize with you
Kept you from working, controlled your money, made all decisions
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 when he/she was angry at you
Threatened to kidnap the children if you left him/her
Abused pets to hurt you
Told you about his/her affairs
Harassed you about affairs he/she imagined you were having
Manipulated you with lies and contradictions

This list could extend to countless pages of examples of physical, sexual and emotional abuse. If there were things that you were subjected to that don’t fit into any of these categories, then please write them down below.