

Behavioral Patterns of Abuse- Threats, Misuse of Power, and Control

What symptoms below fit your life?

<p style="text-align: center;">Using Emotional Abuse</p> <ul style="list-style-type: none"> ❖ Sarcasm, ridicule, putdowns ❖ Making you feel bad about yourself ❖ Calling you names ❖ Making you think you are crazy ❖ Playing mind games ❖ Humiliating you, often in public ❖ Making you feel guilty 	<p style="text-align: center;">Using Privileges</p> <ul style="list-style-type: none"> ❖ Treating you like a servant ❖ Making all the big decisions ❖ Controlling all the money ❖ Being the one who determines the roles ❖ Having to ask permission ❖ Forced sex
<p style="text-align: center;">Using Economic Abuse</p> <ul style="list-style-type: none"> ❖ Preventing you from getting a job ❖ Making you ask for money ❖ Giving you an allowance ❖ Taking your money ❖ Not having access to family income 	<p style="text-align: center;">Using Coercion and Threats</p> <ul style="list-style-type: none"> ❖ Making or carrying out threats to harm you, your children or pets ❖ Threatening to leave you, commit suicide, report you to child welfare ❖ Making you drop charges ❖ Making you do illegal things
<p style="text-align: center;">Using Intimidation</p> <ul style="list-style-type: none"> ❖ Making you afraid by using looks, gestures or actions ❖ Breaking things, punching walls ❖ Abusing pets ❖ Displaying weapons ❖ Stalking you ❖ Violating restraining orders 	<p style="text-align: center;">Using Children</p> <ul style="list-style-type: none"> ❖ Making you feel guilty about the children ❖ Using the children to relay messages ❖ Using visitation to harass you ❖ Threatening to take the children away ❖ Threatening to harm the children ❖ Abusing the children
<p style="text-align: center;">Using Isolation</p> <ul style="list-style-type: none"> ❖ Controlling who you talk to ❖ Limiting your outside involvement, keeping you from working, having friends or going to school ❖ Cutting you off from family and friends ❖ Using jealousy to justify actions 	<p style="text-align: center;">Minimizing, Denying, Blaming</p> <ul style="list-style-type: none"> ❖ Denying the abuse ever happened ❖ Shifting the blame for abusive behavior to you ❖ Minimizing your injuries ❖ You're the one with the problem ❖ Telling you your injuries aren't that bad