DOMESTIC OR INTIMATE PARTNER VIOLENCE Using Using Intimidation and Threatening

Makes and/or carries out threats to hurt me; Threatens to commit suicide: Threatens to report/embarrass/out me to an agency or others; Keeps Threatens to leave me from me: Pressures me getting or keeping to commit illegal a job; Makes me ask actions. for money; Gives me an allowance; Takes my money;

Intimidation

Makes me feel afraid or unsafe with actions. gesutures and/or looks; Throws things; Breaks things; Damages my property; Abuses my pets; Displays and talks about weapons.

POWER

CONTROL

DINSICAL Puts me down; Makes emotional me feel bad about myself; Calls me names; Makes me think I'm crazy, misrepresenting or overreacting; Plays mind games; Humiliates me; Makes me feel guilty or ashamed.

Using Economic Abuse

Refuses to let me know about

or have any kind of access

to our shared income.

digital/online

financial

Using Privilege

Treats me like a servant: Acts like the head of the household: Makes all the big decisions; Defines each person's role sexual in the relationship; Uses gender, race, class or sociological stereotypes against

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me

Makes me feel guilty about the children; Uses the children to relay messages; Uses our visitation arrangements to harass me; Threatens to take the children away.

Using Children

J_E⊃isγAq

Using Emotional Abuse

Using Isolation

Controls what I do, who I see, what I read, where I go and who I talk to; Limits my volunteer, religious or outside activities; Monitors my behavior and my communication; of the abuse; Uses jealousy Doesn't take any to justify of my concerns

actions.

Blaming

seriously; Denies abuse

blame for the abuse to me

ever happened; shifts

aninolletigib

saying I caused or deserved it. Minimizing, Denying and

Makes light

lenoisoms

spiritual

verbal

Sexual