

Is Your Relationship Unhealthy?

VIOLENCE

SEXUAL

Coercion & Threats

- Makes and/or carries out threats to hurt you
 - Threatens to leave you, commit suicide, or report you to authorities
 - Makes you drop charges
 - Makes you do illegal things

Intimidation

- Makes you afraid by using looks, actions and gestures
- Smashes things
- Destroys property
- Abuses pets
- Displays weapons

PHYSICAL

Emotional Abuse

- Puts you down
- Makes you feel guilty
 - Calls you names
- Makes you think you're crazy
 - Plays mind games
 - Humiliates you
- Doesn't take responsibility for their actions

Gender Privilege

- Treats you like a servant
- Makes all the big decisions
- Acts like the master
- Defines your role vs. their role
- Makes sexist comments or uses your gender identity to justify abuse

Power & Control

Economic Abuse

- Prevents you from getting or keeping a job
- Makes you ask for money
- Gives you an allowance
- Takes your money
- Doesn't let you know about family income

Isolation

- Controls what you do, who you see and talk to, what you read, and where you go
- Limits your involvement with outside world
- Uses jealousy to justify their actions

Using Children

- Makes you feel guilty about children
- Uses the kids to relay messages
- Uses visitation to harass you
- Threatens to take the kids away
 - Criticizes you in front of children

Minimizing, Denying, & Blaming

- Makes fun of the abuse and doesn't take your concerns about it seriously
- Says the abuse didn't happen
- Shifts responsibility for abusive behavior to you

EMOTIONAL

VERBAL

VIOLENCE