

## Emotional Abuse

### How does one know when she/he is being emotionally/psychologically abused?

When one partner continuously degrades or belittles the other or accuses the other of being stupid, unattractive, a bad parent, unfaithful, or any similar fault - that can indicate domestic violence or the potential for domestic violence. Although emotional, psychological and financial abuses are not criminal behaviors, they are forms of domestic violence and can lead to criminal abuse.

### Examples of emotional abuse:

- Putting someone down
- Making someone feel bad about him/herself
- Playing mind games
- Humiliating someone
- Making someone feel guilty
- Asserting “Male Privilege”
- Making all the big decisions
- Acting like the “Master of the Castle”
- Being the one to define men and women’s roles
- Using one’s economic power to control another
- Preventing someone from getting or keeping a job
- Making a partner ask for money
- Giving a partner an allowance
- Taking a partner’s money
- Not letting a partner know about or have access to family income
- Controlling others through coercion and threats
- Making or carrying out threats to do something to hurt another
- Threatening to leave or commit suicide



- Making a partner do illegal things
- Controlling others through intimidation
- Making someone afraid by using looks, gestures or actions
- Smashing things
- Abusing pets
- Displaying weapons
- Controlling him/her through children
- Making a partner feel guilty about the children
- Using the children to relay messages
- Using visitation to harass a partner
- Threatening to take the children away
- Controlling others through isolation
- Controlling what a partner does, who he/she sees and talks to, what he/she reads and where he/she goes
- Limiting a partner's outside involvement
- Using jealousy to justify one's actions
- Controlling a partner through minimizing, denying and blaming
- Making light of the abuse and not taking a partner's concerns about it seriously
- Saying the abuse didn't happen
- Shifting responsibility for abusive behavior
- Saying, "he/she caused it"