



What is Abuse?

Abuse is a pattern of physical, sexual, economic and/or psychological/emotional violence or the threat of violence used to get power and keep control over another person. It is important to know that you do not deserve to be abused, nor are you responsible for the abuse. Below are some examples of types of abuse that are common.

Physical Abuse:

- Pushing, hitting, strangling, kicking, biting, cutting, burning, spitting
- Holding you down or preventing you from leaving the room
- Throwing objects at you
- Threatening you with a weapon
- Locking you in or out of the house
- Abandoning you in dangerous places
- Preventing you from getting sleep or waking you up out of sleep
- Refusing help when you are sick, injured or pregnant
- Endangering you by driving wildly or recklessly

Psychological/Emotional Abuse:

- Ignoring your feelings
- Making fun of your beliefs
- Threatening to take your children
- Manipulating you with lies
- Degrading women as a group
- Calling you names like "bitch," "slut," "whore," or "cunt"
- Telling you that you are "stupid," "dumb," "fat," or "ugly"
- Refusing to take you places
- Isolating you from your friends and family
- Constantly criticizing you and the way you do things
- Making fun of your friends and family
- Taking your car keys or money away
- Threatening to leave you or making you leave
- Threatening to hurt your family
- Hurting your children when he was angry at you
- Hurting your pets to get to you
- Threatening to take your children if you leave