TYPES OF DOMESTIC ABUSE

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Psychological Mind games, mental coercion, using looks or actions to generate fear, conditional affection, manipulation, spying, going through your partners mail, email, multiple calls/texting, stalking, treating your partner like a servant, using the children, depriving your partner of friends and family, frequent moves (home or church), making her feel crazy, public humiliation...All forms of abuse are psychological. **Physical** Verbal Hitting, shoving, grabbing, slapping, Put downs, name calling, shouting kicking, pinching, hair pulling, scratching, swearing, threats, abusive jokes, the restraining, strangulation, smothering, silent treatment, continual arguing, posturing to intimidate, making belittling, controlling conversations, someone move or not countering or discounting, move against their will... criticizing, blaming... Sexual Financial Rape, unwanted touch, sexual Controlling the money, unilateral comments, jokes, or put downs, attacking POWER decisions, lying about finances, hidden body parts, requiring her to dress a certain accounts, restricting employment, not way, requiring bizarre sexual acts, pouting, paying child or spousal support, pornography, affairs, interrupting CONTROL denying basic needs, requiring an sleep, extreme jealousy... account for every penny... **Spiritual Property** Misusing scriptures or God to control Punching walls or doors, kicking or hitting furniture, throwing things. or abuse, negatively effecting child's image of self or of God, demanded destroying things, slamming doors, submission and obedience, questioning pounding tables, sabotaging the car, her salvation, not letting her go or going through phone, use of making her go to church... weapons, hiding things, Animal Kicking the dog, throwing the cat, harming or killing an animal, threatening to get rid of a family pet, neglect, Giving pet more affection than partner. throwing things at an animal...

Abuse is still abuse regardless of what form it is.

Domestic abuse is a pattern of behaviors used to gain and maintain power and control over those closest to you.