COERCING or THREATENING
- Making and/or carrying out threats.
- Saying you'll leave them, commit suicide or to report them to welfare.
- Forcing them to drop charges or do illegal things

INTIMIDATING
- Making them afraid through use of actions, gestures, words, looks.
- Smashing things or destroying property
- Abusing pets.
- Displaying weapons.

EMOTIONAL ABUSE
- Insulting them.
- Making them think they're crazy.
- Playing mind games.
- Humiliating or making them feel guilty.

USING ECONOMIC ABUSE
- Preventing them from getting or keeping a job
- Putting them on an "allowance" or taking their money
- Hiding or denying access to family income

USING GENDER PRIVILEGE
- Treating someone like a "servant"
- Making all the big decisions
- Acting like the "master of the castle."
- Defining the gender "roles and how they should act.

USING THE CHILDREN
- Making the other feel guilty about the children.
- Using the children to relay messages
- Using visitation to harass the former partner.
- Threatening to take the children away.

MINIMIZING, DENYING & BLAMING
- Denying the abuse.
- Not taking the other person's concerns seriously.
- Shifting responsibility away from themselves and saying it's your fault.

Power and Control

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