



POWER & CONTROL

Using Economic Abuse

Preventing the other from getting a job, make them ask for money, giving an allowance, taking money, keeping the other in the dark about finances.

Using Coercion & Threats

Making and / or carrying out threats to do something to hurt, threaten to leave, commit suicide, report to welfare; forcing illegal actions.

Using Intimidation

Causing fear by using looks, actions and gestures, destroying property, abusing pets, displaying weapons.

Using Emotional Abuse

Putting the other down, making them feel bad, calling names, making them think they're crazy, playing mind games, humiliation, making the other feel guilty.

Using Gender Privilege

Treating the other like a servant, making all the big decisions, acting like the master of the castle, being the one who defines the roles in the relationship.

Using Children

Using children to relay messages, using visitation to harass, threatening to take the children away from the other.

Blaming Denying & Minimizing

Making light of abuse, not taking concerns seriously, denying incidents of abuse, shifting responsibility for abusive behaviour.

Using Isolation

Controlling what the other does, sees, talks to, reads and goes, limiting their outside involvement, using jealousy to justify actions.