A Community Shares Agency

POWER AND CONTROL

USING COERCION AND THREATS
Making and/or carrying out threats to do something to hurt her
• Threatening to leave her, to commit suicide, or to report her to welfare
• Making her drop charges
• Making her do illegal things.

USING INTIMIDATION
Making her afraid by using looks, actions, gestures
• Smashing things
• Destroying her property
• Abusing pets
• Displaying weapons.

USING ECONOMIC ABUSE
Preventing her from getting or keeping a job
• Making her ask for money
• Giving her an allowance
• Taking her money
• Not letting her know about or have access to family income.

USING INTIMIDATION
Making her afraid by using looks, actions, gestures
• Smashing things
• Destroying her property
• Abusing pets
• Displaying weapons.

USING EMOTIONAL ABUSE
Putting her down
• Making her feel bad about herself
• Calling her names
• Making her think she’s crazy
• Playing mind games
• Humiliating her
• Making her feel guilty.

USING MALE PRIVILEGE
Treating her like a servant
• Making all the big decisions
• Acting like the “master of the castle”
• Being the one to define men’s and women’s roles.

USING CHILDREN
Making her feel guilty about the children
• Using the children to relay messages
• Using visitation to harass her
• Threatening to take the children away.

MINIMIZING, DENYING, AND BLAMING
Making light of the abuse and not taking her concerns about it seriously
• Saying the abuse didn’t happen
• Shifting responsibility for abusive behavior
• Saying she caused it.

USING ISOLATION
Controlling what she does, who she sees and talks to, what she reads, where she goes
• Limiting her outside involvement
• Using jealousy to justify actions.

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