

# What is Abuse?

<p><b>Physical Abuse</b></p>	<p>Use of physical force in a way that injures or puts others at risk of injury.</p> <ul style="list-style-type: none"> <li>• Any physical interaction that causes you pain, injury, or restraint</li> <li>• Slaps, hits, punches, or kicks you</li> <li>• Abandons you in dangerous places</li> <li>• Bites you</li> <li>• Strangles you</li> <li>• Forces you off the road</li> <li>• Holds you to prevent you from leaving or moving</li> <li>• Locks you out of the house/car</li> <li>• Pushes or shoves you</li> <li>• Refuses to help, when you are sick, injured, or pregnant</li> <li>• Threatens or burns you with an object or weapon</li> <li>• Throws objects at you</li> </ul>
<p><b>Emotional Abuse</b></p>	<p>Use of words, tone, actions, or lack of action meant to control, hurt, or demean</p> <ul style="list-style-type: none"> <li>• Jealousy</li> <li>• Abuses pets to hurt you</li> <li>• Continually criticizes you or calls you names</li> <li>• Continually shouts or screams at you</li> <li>• Harasses you about relationships you've never had</li> <li>• Humiliates you in private or public</li> <li>• Ignores your feelings</li> <li>• Insists on making decisions for you</li> <li>• Insists that you did things you did not do in order to make you think you are crazy or incompetent</li> <li>• Insults or drives away your family or friends</li> <li>• Manipulates you with lies and contradictions</li> <li>• Punishes or deprives you when angry at you</li> <li>• Refuses to socialize with you</li> <li>• Regularly threatens to leave you or tells you to leave</li> <li>• Ridicules or insults women/men as a group</li> <li>• Ridicules or insults your feelings, beliefs, religion, race, heritage, or class</li> <li>• Tells you about affairs in order to hurt you</li> <li>• Threatens to hurt you or your family</li> <li>• Threatens to hurt you, if you leave or say you will leave</li> <li>• Withholds approval, appreciation, or affection as punishment</li> </ul>
<p><b>Financial Abuse</b></p>	<p>Use or misuse of financial or monetary resources of the partner or of the partnership without the partner's freely given consent</p> <ul style="list-style-type: none"> <li>• Takes or controls your car, money, or possessions</li> <li>• Will not let you get a job</li> <li>• Demands that you hand over your paycheck</li> <li>• Makes partner ask for money from family, friends, and coworkers</li> <li>• Forces partner to accept an allowance</li> </ul>

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<b>Spiritual Abuse</b>	Using victim's religious or spiritual beliefs to manipulate them <ul style="list-style-type: none"><li>• Prevents you from going to church</li><li>• Demeans your beliefs and practices or faith</li><li>• Forces you to do things against your beliefs</li><li>• Sets rigid rules</li><li>• Uses religious passages out of context to assert power</li><li>• Expects prayer to cure all instead of taking action</li><li>• Intolerant of varying opinions</li><li>• Intolerant of other's errors</li><li>• Judges others harshly</li><li>• Considers himself spiritually superior to others</li><li>• Claims to be speaking for a higher power</li><li>• Blames evil powers instead of taking responsibility for their own behavior</li><li>• More concerned about the illusion of who the family is than the reality</li><li>• Gives time and money to the church at the expense of family needs</li><li>• Misuses pastoral office to coerce or manipulate parishioners and/or intimidate partners</li></ul>
<b>Sexual Abuse</b>	Forced or coerced sexual act or behavior motivated to acquire power and control <ul style="list-style-type: none"><li>• Calls you derogatory sexual names</li><li>• Rape<ul style="list-style-type: none"><li>○ Forces sex</li><li>○ Forces sex, when you are sick or when sex is a danger to your health</li><li>○ Forces sex with abuser or others</li><li>○ Forces unwanted sexual acts</li><li>○ Drugs you in order to have sex</li><li>○ Has sex with you, when you are drunk</li></ul></li><li>• Forces you to strip against your will</li><li>• Forces you to watch sex with abuser or others</li><li>• Has affairs with other people after agreeing to maintain a monogamous relationship with you</li><li>• Insists or forces you to dress in a more sexual way than you want</li><li>• Is jealous, angry, accusing, or assuming that you would have sex with other people</li><li>• Publicly shows sexual interest in other people</li><li>• Tells anti-woman/man jokes or makes demeaning remarks about your gender</li><li>• Withholds sex or affection</li></ul>