

## PHYSICAL

- Slap her
- Punch her
- Grab her
- Kick Her
- Choke her
- Push her
- Restrain her
- Pull her hair
- Pinch her
- Bite her
- Rape (use of force and/or threats to get sex)
- Throw her
- Shove her
- Scratch her
- Bump into her
- Deprive her of sleep
- Shake her
- Cut her
- Run her over
- Other ...

## INTIMIDATION

- Break furniture/ things in house
- Hurt pets
- Destroy her things
- Stand in the doorway during arguments
- Angry or threatening gestures
- Stand over her
- Not leaving when asked
- Making threats
- Out shouting
- Drive recklessly
- Slamming doors
- Display weapons
- Punch walls
- Other ...

## EMOTIONAL

- Harass her by uninvited visits or calls
- Follow her around
- Check up on her
- Embarrass her in public
- Yelling, screaming
- Name-calling
- Swearing
- Stalking
- Mocking
- Put-downs
- Make her think she is crazy
- Play mind games
- Guilt trip
- Silent treatment
- Lecture her
- Not respecting her feelings
- Not supporting her validating her rights/opinions
- Withhold affection
- Humiliate her
- Not apologizing for wrongdoings
- Give mixed messages
- Threaten to commit suicide
- Make her do illegal things
- Violate a restraining order
- Make her drop the charges
- Lock her out of the house or car
- Doing/saying things to "get even"
- Other ...

## MINIMIZING, DENYING & BLAMING

- Using statements such as "I just..." or "I only..."
- Not taking her concerns seriously
- Changing the topics
- Not listening
- Accusing
- Not responding
- Twisting her words
- Saying it was not my fault
- Shifting responsibility for the abuse
- Making light of an abuse
- Lying
- Saying that "she bruises easily"
- Withholding information
- Deny actions
- Saying I hardly touch her
- I was drunk
- Saying I 'lost it' or "snapped"
- Finger-pointing
- Saying she is too sensitive
- Other ...

## MALE PRIVILEGE

- Claiming "the truth"
- Being the authority
- Demand things from her
- Using "logic"
- Expect her to do house chores
- Tell her what to do
- Treat her like a servant
- Make all the big decisions
- Defining her roles
- Get her pregnant to keep her at home

**ECONOMIC**

- Withholding money
- Not paying bills
- Spending family money
- Withholding the car or other resources
- Criticize spending
- Sabotaging her attempts to work
- Prevent her from going to school
- Make her ask for money
- Not letting her have access to family income
- Get her fired from a job
- Other ...

**CHILDREN**

- Not helping with childcare
- Threaten to take the kids
- Threaten the children
- Talk bad about her to the children
- Pinning the kids against her
- Using kids to relay messages
- Tell her how to discipline her kids
- Other ...

**SEXUAL**

- Using pornography
- Unfaithful
- Compare her to other women
- Expect sexual access
- Accuse her of having affairs or flirting
- Disclose her intimate behaviors
- Make sexual jokes or remarks
- Demand sex
- Being "extra nice" with other women
- Touch her without consent
- Other ...

**ISOLATION**

- Control what she sees
- Control who she talks to
- Control where she goes
- Being jealous
- Check her cell phone and/or email
- Limit her outside involvement
- Argue over her friends
- Accuse her friends
- Keep her from family activities
- Go with her wherever she goes
- Act possessive
- Other ...