

Relationship abuse is a pattern of behavior that is aimed at gaining and maintaining control of a partner.

Verbal Abuse

- Name calling
- Put downs
- Harsh tone of voice

Emotional Abuse

- Playing mind games
- Trying to make partner feel guilty
- Humiliating partner
- Keeping partner away from family and friends
- Jealousy and possessiveness
- Making all decisions in the relationship
- Threatening to harm self or others

Physical Abuse

- Pushing, spitting, shoving or pinching
- Attempting to inflict physical injury
- Physically restraining partner
- Killing

Sexual Abuse

- Making unwanted comments about partner's body
- Pressuring partner into having sex
- Attempting unwanted sexual contact
- Rape or sexual assault

Economic Abuse

- Attempting to make partner financially dependent
- Controlling partner's money
- Forcing partner to ask for and justify the need for money
- Threatening to leave unless the partner gives him/her money