Power and Control

Physical Violence
- Using Coercion and Threats: Making and/or carrying out threats to do something to hurt her, threatening to leave her, to commit suicide, to report her to welfare, making her drop charges, making her do illegal things.
- 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.

Sexual Violence
- 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 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.

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.