

Types of Abuse

Physical		
Slapping	Withholding medication	Stabbing
Smacking in the face	Holding head under water	Stripping off clothes
Pushing / down stairs	Bruising	Forcing you to hurt yourself
Shoving	Burning	Forcing drugs or alcohol
Punching	Scalding	Suffocating
Kicking	Shaking	Choking
Hitting / with objects	Banging your head against the floor /wall	Holding against your will

Sexual		
Rape	Forcing pornographic involvement	Forcing sexual acts in front of children
Forced oral or anal sex	Forcing sadomasochistic activity	Sexually abusing children
Having affairs to humiliate	Refusing Contraception	Sexual name calling
Having sex while sleeping	Forcing sexual acts with animals	Expecting sex after abuse
Insisting on having sex anytime/anywhere	Having sex with others in front of victim	Using objects during intercourse against victims will
Refusing to have sex	Assaulting when pregnant	

Intimidation		
Making victims afraid by looks	Locking victim out of their home	Hurting their Children
Breaking objects/valued possessions	Locking victim up in confined spaces	Taking away possessions or clothes
Driving dangerously	Taking away driver's license	Being violent to teach a lesson
Driving a car at victim	Scaring others so that they do not intervene to help	Getting family and friends to intimidate them
Relating stories on how they hurt others	Having Gas/Electric turned off in the winter	

Threats		
Saying "Next time it will be you"	Threats with weapons	Threats to self-harm or commit suicide
Sending threatening letters	Threats to take away victims children	Threats to expose things victim is embarrassed of
Not letting victim use the phone	Threats to harm or kill pets	Threats to burn down home
Threatening by phone	Threats to make victim lose job	Threats to destroy possessions
Mocking and humiliating alone and in front of others	Threats of physical and sexual violence	Threats to kill /harm you or a loved one

*Taken from the Book "No more excuses" "Domestic Violence-How will your church respond to the crisis"
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Isolation

Restricting Movement	Following everywhere	Making victim lie for them
Preventing from attending appointments	Making others scared to contact victim	Telling victim that no one else cares for them
Making decisions for victim	Being jealous of victim	Being obsessive and possessive
Making victim work long hours	Turning others away from victim	Preventing victim from escaping
Allowing victim no privacy	Taking away victims documents	Keeping victim from family and friends
Having children taken away from victim	Telling children lies about victim	

Psychological

Only allowing bathroom use at a certain time of day	Ignoring or refusing to talk to victim	Forcing victim to accept abuse from others
Making victim afraid to go to sleep or wake up	Making victim eat inedible food or disgusting things	Making victim lick dinner plate clean
Preventing from eating	Telling victim there is no escape	Continually breaking promises
Force redoing of tasks after finding fault	Finding endless trivial tasks for victim to do	Prevents sleep or forces sleep on the floor
Withdraws affection	Making victim do things they do not want to do, to prove love	Keeping victim constantly on the edge

Emotional

Preventing victim from getting or keeping job	Demanding receipts for all spending	Keeping victim uninformed about entitlements
Refusing victim money	Forcing acts of fraud	Making victim give their money
Not letting them be part owner of large items such as car or house	Preventing victim from learning how to balance a checkbook	Not providing modern conveniences
Preventing victim from studying	Refusing economic independence	Not having victims name on bank accounts
Incurring debts in victims name	Ruining victims credit score	

Minimization

Telling victim that the abuse is their fault and making them believe it	Denying that any abuse has taken place	Telling victim that others accept abusive behavior
Verbally minimizing the harm that has been caused to the victim		

Verbal

Shouting/Screaming at victim	Insulting victim	Telling them what to wear
Criticizing their abilities	Criticizing their work	Telling them that they are crazy
Telling them that they are stupid	Telling them they are a slut	Telling them they are worthless
Telling them they are a bad parent	Telling victim that they are a failure and that no one else would want them	Telling victim that they are abusing them because they love them
Undermining victim	Criticizing their appearance	Telling victim that they are ugly
Criticizing sexual performance	Criticizing in front of others	Telling victim that they are useless

Religious

Making victim feel that it is their duty to stay in an abusive relationship to honor God	Using texts out of context to support or condone unconditional authority and superiority	Expecting and requiring a woman to totally submit to male leadership under all circumstances
Sexual exploitation of church members by leaders	Lack of respect for female leadership in the church	Portraying God as one who is cruel and vindictive
Telling victim that they are too bad for God to love	Interfering with personal devotional practices	Preventing victim from attending church