

Types of Abuse

Physical Abuse:

- Damaging property
- Pushing/shoving
- Slapping/hitting/punching/kicking
- Biting/ramming head
- Pulling hair/dragging
- Burning
- Strangulation
- Using weapons against/threats of use
- Forced drug/alcohol use
- Driving recklessly while in a vehicle
- Pushing out of the vehicle/forcing to walk
- Abandoning the victim
- Locking the victim out of the home/vehicle
- Throwing things
- Sleep deprivation or attacking while sleeping
- Disfigurement
- Attacking pets or threats
- Attacking family or threats
- Homicide

Emotional/Psychological Abuse:

- Isolation
- Intimidation
- Dominance
- Threats
- Blackmail
- Manipulation
- Guilt/Shame
- Taunting
- Bullying
- Anger
- Using weapons or threats against victim
- Violating boundaries
- Jealous behavior/comments
- Showing up at victim's work/school

- Blame shifting
- Forcing the victim to ask for permission
- Creating drama when there is none
- False medical issues
- Public embarrassment
- Using the victims' vulnerabilities to mock them
- Baiting
- Gaslighting
- Controlling all decisions
- Eliminating support for the victim

Verbal Abuse:

- Yelling/screaming
- Swearing
- Name-calling
- Body-shaming
- Insults or overly critical
- Humiliation
- Lecturing
- False accusations
- Aggressive and violent language
- Belittling
- Sarcasm
- Making false accusations to turn the family away from the victim
- Threats to the friends/family of the victim

Sexual Abuse

- Rape, sexual assault, forced sex (even if married)
- Manipulated into sex acts
- Unwanted touching
- Unwanted sexting or revenge porn
- Coerced sex against the doctor's order due to medical concerns, especially after childbirth or surgeries
- Sexual duty claim
- Forcing sex after other types or forms of abuse
- Damaging contraceptives
- Forced pregnancy
- Forced abortion

- Miscarriage due to violence
- Accusations that the victim is cheating
- Blaming the spouse for their own affairs or pornography use
- Forced into pornography
- Having an affair as payback
- Trafficking or forced prostitution

Digital/Electronic Abuse

- Excessive calling, texting, or checking up to control or harass
- Using technology to track
- Setting up video cameras for surveillance
- Using smart home equipment against the victim
- Requiring the victim's passwords
- Looking through online activity
- Using media to stalk
- Posting humiliating content about the victim
- Pretending to be the victim on social media
- Not allowing access to social media
- Revenge porn/posting intimate pictures/videos of the victim

Economic Abuse/Financial Abuse

- Controlling how finances are spent
- Taking the victim's inheritance, disability, or paychecks
- Not allowing the victim access to money
- Making the victim beg for money or favors
- Not allowing the victim to work
- Taking away transportation
- Forcing the victim to work
- Harassing the victim at work
- Not allowing the victim opportunities for advancement or other work
- Keeping the victim's name off accounts
- Forced filing of fraudulent financial documents
- Using legal documents like Power of Attorney against them
- Forced victim's signature
- Coerced debt, taking out loans
- Destroying victim's credit
- Refusing to be financially responsible
- Using finances for gambling, drugs, and credit card debt

Spiritual Abuse

- Using religious ideology to control a partner or to keep them in line
- Using Scripture or manipulating it against the victim
- Using Scripture for gender roles
- Not allowing the victim to make spiritual decisions
- Not allowing the victim to attend church or Bible studies
- Forcing a particular church or version of Scripture
- Forcing the victim to follow certain religious ideals or practices
- Requiring certain clothing to be worn
- Using religion to guilt or shame the victim
- Having penalties for perceived sin
- Using church leadership against the victim

Neglect

- Not showing affection
- Silent treatment
- Refusing to take responsibility for their action
- Never offering affirmation or approval
- Not providing means of medical, dental, or mental health care
- Not providing food, shelter, or clothing
- Not allowing for a safe home environment
- Abandonment

Abuse After Separation/Divorce

- Stalking, tracking, and technology to monitor actions
- Harassment
- Revenge/Revenge pornography
- Pressure, bullying, coercion for documents/paperwork filings
- Excessive court filings/litigation
- Putting children at risk
- Using children against the other parent
- Withholding child support/alimony
- Not supplying court-ordered insurance/reimbursements
- Refusing to consent to children's activities or medical care
- Getting other adults to abuse the victim (Abuse by proxy)
- Asking children questions about new relationships
- Harassing the new relationship partner