

Patterns of Abuse

Psychological Abuse: Any non-physical behavior designed to control someone through degradation, humiliation, or fear.

- Domination: Direct attempts to control a person's actions, such as ordering a spouse around.
- Emotional Blackmail: Manipulating and controlling a person by playing on her fear, guilt, or compassion.
- Abusive Expectations: Placing unreasonable demands on a person to continually satisfy your desires.
- Constant Criticism or Blaming: Criticism that is unrelenting; never being pleased; blaming another person for everything that goes wrong.
- Outbursts of Anger: Using anger to intimidate and control your partner through fear.
- Isolation: Attempting to control who your partner sees, what she does, or her goals in life.
 - Monitoring her phone calls, texts and emails.
 - Monitoring her time and activities away from the house
 - Prohibiting work, involvement in church or other activities
 - Discouraging or prohibiting relationships with family and friends
- Crazy Making: Causing a person to doubt their perception of reality
 - Telling a person they are crazy.
 - Claiming a person is misinterpreting events.
 - Insinuating that a person is exaggerating or lying.
 - Routinely denying that certain events took place.
- Devaluing Thoughts and Feelings
- Insulting and Demeaning
- Intimidation: Controlling a person through the threat of physical harm.
 - Invading personal space
 - Raising voice
 - Throwing things, punching holes in the wall, damaging personal property
 - Raising your hand as if you are going to hit her
 - Blocking from exits
- Jealousy: Suspecting your partner of unfaithfulness, or vigilantly governing her exposure to or interaction with the opposite sex.
- Minimizing or belittling her accomplishments
- Slandering her to others
- Withholding Affection
- Using Children as Pawns: Using the children to manipulate or control your partner.
- Accusing His Partner of Being Controlling
- Abusive Responses to Confrontation:
 - Minimize: The abuser makes his behavior sound much less abusive than it actually was.
 - Deny: The abuser claims that his partner's account of an abusive incident is somehow untrue.

- Blame-Shift: The abuser blames his partner for his behavior, or shifts the focus of the conversation away from his behavior and toward hers.

Spiritual Abuse: An attempt to use a person's faith to manipulate and control them.

- Questioning her salvation
- Using Scripture to:
 - Belittle or threaten
 - Justify unreasonable expectations
 - Control your partner through guilt
- Demanding Submission

Economic Abuse: Behavior that controls and dominates a person financially.

- Financial Control:
 - Controls all finances
 - Demands an account of all she spends
 - Gives her an allowance
 - Refuses to inform her regarding finances
 - Threatens to withdraw financial support
 - Prohibits her from working
- Financial Entitlement:
 - Feels entitled to spend money at will, without regard for how it impacts his partner or children
 - Irresponsible debts
 - Forces her to work and provide for him
 - Using her to finance his dreams or pay his debts

Sexual Abuse: Any unwanted contact or interaction that occurs for the sexual stimulation of the perpetrator.

- Forces sex on her / Marital rape
- Makes her perform sexual acts she is uncomfortable with
- Manipulates or pressures her into having sex
- Forcing her to watch pornography
- Making sexual advances in public or in front of children

Physical Abuse: Any behavior that dominates a person through physical force or violence.

- Grabbing, pushing
- Hitting
- Kicking
- Pulling Hair
- Strangling
- Assault with a weapon (gun, knife, object)
- Attempted or committed homicide

Hope

Psalm 51:1-3: Be merciful to me, O God, be merciful to me, for in you my soul takes refuge; in the shadow of your wings I will take refuge, till the storms of destruction pass by. I cry out

to God Most High, to God who fulfills his purpose for me. He will send from heaven and save me; he will put to shame him who tramples on me. God will send out his steadfast love and his faithfulness!