



# FORMS OF ABUSE

## **PHYSICAL:** *Any form of abuse that threatens your safety*

Shoves	Slaps	Kicks	Pinches
Throws objects	Chokes	Punches	Pulls Hair
Bites	Restrains	Burns	Rapes
Poisons	Blocks your exit	Withholds Medication	Subjects to Reckless Driving
Threats or use of any weapon	Abandons in dangerous places		

## **VERBAL:** *Words used to demean, scare and control*

Yells	Name Calling	Insinuates	Sarcasm
Blames	Accuses	“Jokes”	Humiliates
Trivializes	Insults	Threats of physical harm to yourself, your family, pets, etc.	

## **EMOTIONAL:** *Actions used to demean, scare and control*

Stalks	Withholds	Ignores	Sneers
Controls Money	Isolates	Manipulates	Denies
Cheats	Mind Games	Deprives Sleep	Intimidates
Intercepts Calls or Mail	Twists Words or Events	Threats of suicide, getting custody of children, etc.	

## **SEXUAL:** *Forms of physical abuse that are extremely humiliating*

Commits sadistic sexual acts	Forces unwanted sex and touching	Tells you of affairs
Use of words such as “whore” and “frigid”	Forces you to watch pornography, strip, prostitute, etc.	

## **FINANCIAL AND LEGAL:** *Leaves a victim with limited resources*

Prevents you from getting or keeping a job	Refuses to work	Withholds money
Prevents knowledge of family finances	Ruins credit	Calls police if you fight back
Refuses to have your name on any accounts	Obtains the protective order first	Files for temporary custody
Reports or threatens to report you to CPS	Withholds documentation/verification	Sabotages public assistance

## **RELIGIOUS:** *A very strong form of verbal and/or emotional abuse*

Cites scripture to justify abusive, dominating, or otherwise oppressive behavior  
 Instills religious guilt for not doing what they want  
 Denies partner freedom to practice the religion of their choice  
 Forces partner to violate their religious beliefs  
 Shames or belittling partner for their religious beliefs  
 Humiliates partner in church to isolate them from the support of the clergy and congregation

## **DIGITAL:**

Steals or insists to be given your passwords  
 Constantly texts you and makes you feel like you can't be separated from your phone for fear that you will be punished  
 Looks through your phone frequently, checks your pictures, texts and outgoing calls  
 Tags you unkindly in pictures on Instagram, Tumblr, etc.

24-HOUR DOMESTIC ABUSE HELPLINE  
**765-664-0701**

Family Service Society, Inc.  
[www.famservices.com](http://www.famservices.com)





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 Lead Stand  
 Live with  
 respect  
Hands of Hope,  
 a division of Family Service Society, Inc.