

# Abuse Is:

HAS YOUR PARTNER DONE ANY OF THE FOLLOWING THINGS TO YOU?

## PHYSICAL ABUSE

- PUSHED, SHOVED, OR THROWN OBJECTS AT YOU
- HELD YOU TO KEEP YOU FROM LEAVING
- SLAPPED, HIT, PUNCHED, KICKED, CHOKED, BIT, PINCHED, PULLED YOUR HAIR
- LOCKED YOU OUT OF THE HOUSE
- LEFT YOU IN DANGEROUS PLACES
- REFUSED TO HELP YOU WHEN YOU WERE SICK, INJURED, OR PREGNANT
- FORCED YOU OFF THE ROAD OR TRIED TO HIT YOU WITH YOUR CAR
- THREATENED TO HURT YOU WITH A WEAPON

## SEXUAL ABUSE

- TOLD ANTI-WOMEN/MEN JOKES
- TREATED WOMEN/MEN AS SEX OBJECTS, SHOWN INTEREST IN OTHER WOMEN/MEN
- BECAME JEALOUS, ANGRY, ACCUSING YOU OF HAVING SEX WITH EVERYONE
- MADE YOU DRESS MORE OR LESS SEXUAL THAN YOU PREFERRED TO
- FORCED YOU TO HAVE SEX OR CONTINUED SEXUAL ADVANCES AFTER BEING TOLD "NO"
- CALLED YOU SEXUAL INSULTS LIKE "WHORE", "SLUT", "WHIMP", OR "FRIGID"
- MADE YOU STRIP WHEN YOU DIDN'T WANT TO
- CHEATED ON YOU AFTER AGREEING TO BE MONOGAMOUS
- FORCED YOU TO DO SEX ACTS THAT YOU DIDN'T WANT TO DO
- FORCED SEX AFTER BEATING YOU OR WHEN YOU WERE SICK
- FORCED YOU TO HAVE SEX WITH OTHERS OR WATCH OTHER HAVE SEX
- SADISTIC ACTS, "PLAYFUL USE OF FORCE DURING SEX"

## EMOTIONAL ABUSE

- IGNORED YOUR FEELINGS
- INSULTED YOUR BELIEFS, HERITAGE, RACE, ETC.
- WITHHOLD APPROVAL, AFFECTION TO PUNISH YOU
- CONSTANTLY CRITICIZED YOU, CALLED YOU NAMES, OR EVEN SHOUTED AT YOU
- INSULTED OR DROVE AWAY YOUR FRIENDS OR FAMILY
- HUMILIATED YOU IN PRIVATE OR PUBLIC
- KEPT YOU FROM WORKING OR CONTROLLED YOUR MONEY
- REFUSED TO WORK , SHARE MONEY, OR MADE ALL FINANCIAL DECISIONS
- REGULARLY THREATENED TO LEAVE OR PUT YOU OUT
- THREATENED TO HURT YOU OR YOUR FAMILY
- THREATENED TO HURT THEMSELF TO CONTROL YOU
- PUNISHED OR DEPRIVED THE CHILDREN OR FAMILY PET TO HURT YOU
- MANIPULATE YOU WITH LIES AND CONTRADICTIONS