Manifestations of Violence

Abuse can occur in different forms. It can be physical, emotional, sexual, spiritual, social and/or economic. The lists below describe some of the tactics of abuse batterers use as they attempt to gain or maintain power and control over their intimate partners. Abuse does not always progress in regular steps as shown here. Sometimes the abuse may advance from pushing or hitting directly to more severe physical violence such as use of weapons. Although each relationship is unique, any type of abuse must be considered a serious cause for concern. Despite different circumstances, it is important to remember abuse can escalate (especially if intervention fails to occur). A coordinated community response holding batterers accountable for these abusive behaviors is essential as is a response acknowledging and respecting the rights of DV victims. **EXERCISE:** It is helpful for people to be aware of the tactics of domestic violence. Circle the type(s) of abuse you are now experiencing, (or have experienced in the past). Notice if the violence is increasing in intensity, severity or frequency. Talk to an advocate to develop or review your current safety plan or explore your options. Remember, domestic violence or sexual abuse directed at you is never your fault (*even if you were drinking or using drugs*).

**Emotional Abuse**

- insulting
- jokes
- ignore
- feelings
- jealousy
- isolation
- humiliation
- harming pets
- calls you ‘crazy’, ‘drunk’, or ‘junkie’
- silent
- treatment
- insults
- blaming/
- accusations
- monitoring
- activities
- threats
- degradation
- homicide/
- suicide

**Physical Abuse**

- scratch
- slap
- push
- hit
- target hit
- kick
- choke-hold
- beat or strangle
- weapon
- use
- murder
- deny physical needs
- bite
- force
- drug use
- punch
- throw
- objects
- burn
- sleep
- deprivation
- poison
- disablement/
- disfigurement
### Manifestations of Violence, continued

#### Sexual Abuse

<table>
<thead>
<tr>
<th>Comments</th>
<th>Ignore Sexual Needs</th>
<th>Forced to Look at Pornography</th>
<th>Sex as Duty</th>
<th>Control Contraceptives</th>
<th>Forced Prostitution for Drugs</th>
<th>Forced Sex Soon After Pregnancy</th>
<th>Forced Death</th>
</tr>
</thead>
<tbody>
<tr>
<td>sexual jokes</td>
<td>unwanted touching</td>
<td>treat like sex object, 13th step</td>
<td>withhold sex as punishment</td>
<td>demand monogamy when abuser is promiscuous</td>
<td>sex after violence</td>
<td>rape</td>
<td></td>
</tr>
</tbody>
</table>

#### Social / Environmental Abuse

<table>
<thead>
<tr>
<th>Uses Gender Myths/Roles</th>
<th>Destroys Property</th>
<th>Controls Major Decisions</th>
<th>Controls Money or Finances</th>
<th>Threats to Victim's Family/Friends</th>
<th>Complete Isolation</th>
<th>Convinces Victims They Are Hysterical/Paranoid/Suicidal</th>
</tr>
</thead>
<tbody>
<tr>
<td>degrades culture, religion gender, profession, recovery from substance abuse, etc.</td>
<td>demonstration of strength</td>
<td>denies access to work</td>
<td>eliminates support system including access to health care or substance abuse treatment</td>
<td>child abuse</td>
<td>incest</td>
<td>suicide</td>
</tr>
</tbody>
</table>