

## CHECKLIST FOR TYPES OF DOMESTIC ABUSE

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### EMOTIONAL ABUSE:

- Acts “entitled” to use you, mistreat you
- Withholding love, affection
- Invalidating you
- Not taking care of self (misusing drugs, alcohol, engaging in high-risk behaviors)
- Refusing to help you when asked or in obvious need
- Excessive jealousy of you
- Trying to isolate you from family or friends
- Refusing to listen when you object to something that hurts you
- Disregarding reasonable requests by you
- Threatening to harm self (like suicide) if you don’t comply
- Threatening to harm you, your kids, or pets if you don’t comply
- Controlling you (monitoring where you go, who you hang out with, how you spend money, not giving you a “voice or a vote” over many decisions in your life, all for no good reason, such as an affair or broken trust)
- Trivializing your feelings, goals, hopes, dreams
- Ridiculing you or your abilities
- Refusing to affirm you. Frequent criticism for you just being “you”
- Destroying things that are precious to you
- Withholding financial support from you
- Raging at you
- Using anger, loudness or looks of disgust to get his/her way
- Intimidating you through threats, physical stature or gestures
- Treating you with disdain, sarcasm or disgust
- Dismissing your feelings, beliefs, values, experiences
- Rejecting you, abandoning you, or shunning you
- Walking away, not talking to you, refusing to engage with you when you bring up a topic of concern, or ignoring you as a means of punishment

- Significantly neglecting you and your relationship emotionally, physically, and financially
- Rolls eyes at your ideas or suggestions
- Acting as if you have no rights and that he/she has all the “rights” in the relationship
- Deceiving you regarding his/her whereabouts, investments, relationships
- “Gaslighting” – purposely denying your perceptions or lying about what they’ve said or done to make you feel invalidated or crazy
- Accusing you of being mentally ill or delusional (when you or others insist you are not)
- Denying, distorting or rewriting the story of your marital history/relationship
- Doing harmful things behind your back (gambling, porn, affairs, secretly contacting persons of the opposite sex, over-spending, deceiving you, etc.)
- Not getting help for any kind of addiction
- Trying to “poison” others (including your children) against you
- Threatening to leave you (as a means to get you to capitulate)
- Threatening to leave you for someone else
- Actually leaving you for someone else

#### **VERBAL ABUSE:**

- Accusing you falsely (of an affair, stealing, or doing something that you didn’t do)
- Insulting you
- Belittling you
- Scorning you or using a snide tone
- Telling you that “no one” would ever want you
- Making unflattering or unfair comparisons of you
- Dominating the conversation by not allowing you to get a word in edge-wise
- Name-calling, labeling (“stupid” “dirt-bag” etc.)
- Using disgusting terms to describe you (like the c-word, whore, b-word, etc)

- Swearing at you (worst are the f-bomb or God's name in vain)
- Threatening you with divorce just to get his/her way
- Criticizing you, your looks, your way of doing things
- Humiliating you, alone or in public
- Mocking you
- Putting you down
- Rejecting your opinions, ideas
- Sarcastic remarks "Yeah, right." "Oh that was brilliant!"
- Disparaging your views – "That's stupid!" "Where'd you get an idea like that??"
- Lying to you (esp. about something that impacts you or matters a lot to you)
- Blaming, attacking you for his/her hurtful behaviors or for something not going well
- Intimidating you
- Putting you down with statements like, "You're crazy," "What an idiot!"
- Saying anything that makes you feel "stupid" "dumb" or "less than"

#### **PHYSICAL ABUSE:**

- Towering over you
- Slamming fist on table, door, wall
- Threatening gestures
- Harming pets, implying you may be next
- Throwing or breaking objects (=implied abuse – "today the glass, tomorrow your arm.")
- Throwing hard objects at you
- Trapping you in a room
- Restraining you
- Withholding medical treatment or food from you
- Following you around against your wishes
- Shoving you

- Dragging you by the leg, arm, or hair to force compliance or to get even
- Punching the wall, door (= “implied abuse”)
- Punching you
- Grabbing you
- Slapping you
- Hitting you
- Kicking you
- Choking you

#### **SPIRITUAL ABUSE:**

- Discrediting your values, beliefs
- Preventing you from observing your faith
- Trying to stop you from attending church
- Forcing you to attend his/her church and putting you down if you don’t
- Using religious language/terms to control you (“God told me...” or “The Bible says you’re not supposed to be angry” or any religious term used to one-up you)
- Trying to force you to “submit” to him; accusing you of being “unsubmissive” (submission is sometimes misused as a power play by men who are insecure, abusive, or who wish to dominate a spouse rather than love and cherish a wife)
- Accusing you of being “unloving” simply because you disagree
- Misusing sacred texts [out of context] to justify any kind of mistreatment of you
- Insisting his/her beliefs are the only “right” beliefs (and yours, by implication, are all wrong)
- Saying that “God” told him/her to behave in any way that causes you to feel punished, abused, or emotionally demeaned or harmed
- Threatening you with “hell” or “displeasing God” if you don’t do what he/she says
- Treating you as inferior if you don’t follow his/her particular religious ideology or interpretation

## **SEXUAL ABUSE:**

- Touching or grabbing private areas of your body *against your will*
- Forcing sex upon you against your will (a.k.a. “marital rape”)
- Forcing you to watch pornography with him/her
- Refusing to use protection when it would be wise to do so
- Forcing you to do something sexually that you are uncomfortable with
- Causing you pain while engaging in sexual contact
- Refusing to listen or back off if you say, “No, not now,” or “That hurts.”
- Insulting you by comparing you with other lovers
- Withholding sex from you as a spouse for an extended time (for no medical or legitimate emotional reason)
- Being unfaithful to you (flirting with others, emotional affair, physical affair to any degree, preferring pornography over you or against your knowledge or wishes)
- Giving you an STD

## **FINANCIAL ABUSE:**

- Sabotages employment opportunities
- Forbids you from working
- Refuses to work, expecting you to keep up the household AND work full-time
- Controls how money is spent
- *Berates* you for (vs. objecting to or simply disagreeing with) your choices in spending
- Takes back/returns items that you have purchased without your permission
- Denies you direct access to bank accounts. And/or withholds passwords for those accounts
- Puts what should be shared assets into his/her name alone or his/her parents' names or in trusts that you don't have access to
- Gives you an inadequate “allowance” determined by him/her
- Forces you to write bad checks or sign fraudulent tax returns

- ’ Steals from local stores and turns some into “gifts” for the children to keep you silent
- ’ Runs up large debts on joint accounts without your permission or agreement
- ’ Withdraws money from your joint accounts or retirement accounts without your permission
- ’ Gambles or spends money on pornography, excessive alcohol, or illegal drugs
- ’ Spends excessive amounts of money on hobbies or “collectibles” that your family can’t afford
- ’ Forces you to work in the family business without pay
- ’ Refuses to pay bills for accounts that are in your name, which ruins your credit
- ’ Forces you to turn over paychecks or public benefits checks to him/her
- ’ Applies for credit card accounts using your name and personal information behind your back
- ’ Monitors every penny you spend, insisting on seeing every receipt (unless you tend to be irresponsible with money)
- ’ Withholds money for necessities like food, clothing, medication, and housing
- ’ Spends money on himself or herself but does not allow you to do the same
- ’ Gives you gifts or pays for things and then expects something in return (like sex, gifts, favors, etc.)
- ’ Forces you to work while he or she does not contribute to the family needs and yet still controls most or all the money
- ’ Threatens to withhold money or access to legally joint accounts if you don’t comply with their wishes

**The more boxes checked, the more abusive the relationship. The more frequent the behaviors, the more dangerous the person is to your physical, emotional, and spiritual health.**