



IDENTIFYING THE SEVEN TYPES OF ABUSE

1 **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		

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

Yells	Name Calling	Insinuates	Humiliates
Blames	Accuses	"Jokes"	Threats of physical harm to you, your family, or pets
Trivializes	Insults	Sarcasm	

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

Stalks	Withholds	Ignores	Denies
Controls money	Isolates	Manipulates	Intimidates
Cheats	Mind games	Deprives of sleep	Threats of suicide, getting custody of children, etc
Intercepts calls or mail	Twists words or events	Sneers	

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

Commits sadistic sexual acts	Forces unwanted sex & touching	Tells you of affairs
Use of words such as 'whore' & 'frigid'	Forces you to watch pornography	

5 **FINANCIAL & 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 accounts	Obtains the protective order first	Files for temporary custody
Reports or threatens to report you to CPS	Withholds documentation/verification	Sabotages public assistance

6 **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 say
Denies partner freedom to practice the religion of their choice
Forces partner to violate their religious beliefs
Shames or belittles partner for their religious beliefs
Humiliates partner in church to isolate them from the support of the clergy and congregation

7 **DIGITAL:** *Use of technology to harass, threaten, and control*

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, Facebook, or other social media.

