

# Power and Control:

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## *Physical...Violence...Sexual*

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### Which One Or More Applies To You?

- **Coercion And Threats:**
  - Making and/or carrying out threats to do something to hurt **YOU**. Threatening to leave **YOU**, commit suicide, or report **YOU** to welfare. Making **YOU** drop charges. Making **YOU** do illegal things.
- **Intimidation:**
  - Making **YOU** afraid by using looks, actions, and gestures. Smashing things. Destroying your property. Abusing pets. Displaying weapons.
- **Emotional Abuse:**
  - Putting **YOU** down. Making **YOU** feel bad about yourself. Calling **YOU** names. Making **YOU** think you are crazy. Playing mind games. Humiliating **YOU**. Making **YOU** feel guilty.
- **Economic Abuse:**
  - Preventing **YOU** from getting or keeping a job. Making **YOU** ask for money. Giving **YOU** an allowance. Taking your money. Not letting **YOU** know about or have access to family income.
- **Isolation:**
  - Controlling what **YOU** do, who **YOU** see and talk to, what **YOU** read and where **YOU** go. Limiting your outside involvement. Using jealousy to justify actions.
- **Using Children:**
  - Making **YOU** feel guilty about the children. Using the children to relay messages. Using visitation to harass **YOU**. Threatening to take the children away.
- **Minimizing, Denying, and Blaming:**
  - Making light of the abuse and not taking your concerns about it seriously. Saying the abuse didn't happen. Shifting responsibility for abusive behavior. Saying **YOU** caused it.

- **Gaslighting:**
  - A form of psychological manipulation where someone tries to make another person doubt their own reality, memory, or sanity, often to gain control or power over them.