Power and control



Making and/or carrying out threats to do something to hurt them, threatening to leave, to commit suicide, to report them to welfare, making them drop charges, making them do illegal things.

Preventing person from getting or keeping a job, making them ask for money, giving them an allowance, taking their money, not letting them know or have access to family income.

Treating her like a servant, making the big decisions, acting like the "master of the castle", being the one to define men's and women's roles.

Making person feel guilty about the children, using the children to relay messages, using visitation to harass them, threatening to take the children away. Making person afraid by using looks, actions, gestures, smashing things, destroying property, abusing pets, displaying weapons.

Putting person down, making them feel bad about themselves, calling them names, making them think they are crazy, playing mind games, humiliation, making them feel guilty.

Controlling what person does, who they see and talk to, what they reads, where they go, limiting outside involvement, using jealousy to justify actions.

Making light of the abuse and not taking person's concerns about it seriously, saying the abuse didn't happen, shifting responsibility for abusive behaviour, saying person has caused it.

