

IHM Family Life Ministries

Types of Domestic Abuse

IMPORTANT - HOW TO USE THIS CHART:

- A person does not have to do all of these behaviors to be considered abusive. If a person does some of them habitually, there is reason for concern.
- Doing a small number of these behaviors on a rare occasion does not necessarily mean a person is an abuser.
- Learn these signs and look for patterns of behavior in yourself and others to determine whether or not you should seek further help in determining if you are living in an abusive situation. Abusive behavior is used to gain power and control over another person.
- Contact the IHM Parish office if you would like to discuss your options.

Verbal	Psychological	Physical	Sexual	Property	Animal	Spiritual	Financial
Put downs, name calling, shouting, swearing, threats, abusive jokes, the silent treatment, continual arguing, belittling, controlling conversations, countering or discounting, criticizing, blaming	Mind games, mental coercion, using looks or actions to generate fear, conditional affection, manipulation, spying, going through your partners mail, email, purse, stalking, treating your partner like a servant, using the children against your partner, depriving your partner of friends and family, frequent moves (home or church), making your partner feel crazy, public humiliation...All forms of abuse are psychological.	Hitting, shoving, grabbing, slapping, kicking, pinching, hair pulling, scratching, restraining, choking, smothering, posturing to intimidate by your size and strength, making someone move or not move against their will	Rape, unwanted touch, sexual comments, jokes, or put downs, attacking body parts, requiring her/him to dress a certain way, requiring unwanted sexual acts, pouting, pornography, affairs, interrupting sleep, extreme jealousy	Punching walls or doors, kicking or hitting furniture, throwing things, destroying things, slamming doors, pounding tables, sabotaging the car, destroying a phone or pulling the phone cord out of the wall	Kicking the dog, throwing the cat, harming or killing an animal, threatening to get rid of a family pet, neglect, not feeding or watering your pet, throwing things at an animal	Misusing scriptures or God to control or abuse, negatively effecting someone's image of self or of God, demanded submission and obedience, questioning her/his salvation, not letting her/him go to church or forcing her/him to go to church	Controlling the money, unilateral decisions, lying about finances, hidden accounts, restricting employment, not paying child or spousal support, denying basic needs, requiring an account for every penny