

Recognizing Abuse

RECOGNIZING PHYSICAL ABUSE

- Threatening posture
- Hostile facial expressions
- Clenched fists
- Slamming doors
- Getting “in your face”
- Poking/flicking
- Blocking the door
- Grabbing
- Pushing
- Shoving
- Stalking
- Punching Walls
- Throwing or destroying objects
- Physically isolating
- Strangling
- Punching
- Biting
- Stabbing
- Shooting
- Forced confinement
- Hitting with objects
- Torture

RECOGNIZING SEXUAL ABUSE

- Unwanted touch
- Pressuring for sexual acts that the other person doesn't want
- Criticizing sexual performance
- Insisting on certain positions, acts, or anything else that is unwanted
- Refusing sex to punish or manipulate
- Sexual teasing intending to harm
- Coerced sex
- Having sex with someone who is under the influence of drugs or alcohol
- Forcing unwanted behaviors during sex
- Verbal or physical abuse for noncompliance
- Purposeful injury to sexual organs
- Forced pornography, prostitution or involving other people
- Forced sex after physical assault
- Demanding partner let others watch

RECOGNIZING ECONOMIC/FINANCIAL ABUSE

- Prohibiting or preventing job training or advancement
- Withholding money or giving an allowance
- Excluding from financial decisions
- Running up excessive debt on joint accounts
- Forbidding work
- Controlling how the money is spent
- Preventing access to accounts
- Refusing to work or contribute to family income
- Forcing victim to work in family business without compensation
- Refusing to pay bills and ruining victim's credit score
- Filing false insurance claims
- Buying things that the family can't afford
- Sabotaging employment opportunities
- Stalking or harassing the victim at work
- Forcing the victim to write bad checks or file fraudulent tax returns
- Withholding funds for basic needs
- Hiding assets
- Identity theft
- Evading child support

RECOGNIZING EMOTIONAL ABUSE

- Cold shoulder
- Silent treatment
- Instinctive defensiveness
- Habitual dishonesty
- Blaming
- Minimizing
- Denying
- "Gaslighting"
- Playing mind games
- Isolating from friends and family
- Withholding aid and support
- Humiliation
- Emotional explosiveness
- Withholding emotion
- Angry outbursts
- Threats of suicide or self-harm
- Guilting and shaming
- Manipulation

RECOGNIZING VERBAL ABUSE

- Criticizing
- Biting sarcasm
- Demeaning
- Accusing
- Berating
- Mocking
- Using tone of voice to instill fear
- Threatening
- Badgering
- Questioning and challenging the other's thoughts and beliefs
- Name-calling
- Guilt-tripping
- Harassment
- Cursing
- Yelling
- Screaming
- Verbal assaults upon character
- Intimidation

RECOGNIZING SPIRITUAL ABUSE

- Misusing Scripture for selfish ends
- Lack of humility and teachability with Scripture
- Lack of mutual honor and respect
- "Hyper-headship"
- Distorting Scripture to torment, mock, or subdue the other
- Over-spiritualizing
- Unwilling to admit mistakes
- Pre-occupation with authority
- Unspoken rules
- I am right; you are wrong
- Unsafe to criticize authority
- Excessive legalism
- Lack of accountability
- Lack of vulnerability
- Trust demanded
- Difficult to leave or move on

Adapted from presentation by Greg Wilson, D.Ed.Min., LPC Supervisor – Soul Care Associates, Flower Mound, Texas