

## **Forms of Abuse List**

*Have any of these been directed at you, one of your children, or an elderly family member?*

- Physical** – hitting/slapping; pushing; pulling hair; strangulation/choking; damaging property; throwing things; use of weapons; driving recklessly; sleep deprivation; restraint; forced drug/alcohol use; harming/threatening to harm pets.
- Emotional/psychological** – intimidation; manipulation; dominance; blackmail; shame; taunting; ridicule; anger; jealousy; gaslighting, creating fear of harm; accusations of cheating; public embarrassment; controlling major decisions; isolation; eliminating systems of support.
- Verbal** – yelling; screaming; swearing; name-calling; insults; criticism; lecturing; belittling accomplishments; threats to you or others.
- Sexual** – manipulation into acts you are not comfortable with; unwanted touching; demanding sex after other forms of abuse; sexual assault; forced sex; rape; forced pregnancy or abortion; forced porn use; trafficking or forced prostitution.
- Economic/financial** – control of finances; not allowing you access to money; not allowing or forcing work; harassment at work; not including you on accounts/car/house; using family finances on gambling or running up debts; destroying your credit.
- Digital/electronic** – excessive calling/texting to harass or control you; using technology to track or monitor; requiring passwords; oversight of online activity; revenge porn.
- Spiritual/religious** – using religious ideology to control you; forcing gender role expectations as a spouse or in the home; twisting scripture; using religion to guilt or shame; religious penalties; not allowing or forcing a particular church; using faith leaders against you.
- Neglect** – silent treatment; refusing to take responsibility; abandoning you in an unknown place; not supplying adequate medical/dental/mental health care; not providing a safe home environment; never offering approval; withholding affection.
- Stalking** – you are monitored through cameras, recording apps, spyware, smart home features, GPS locators, or other people; you are followed and harassed; you receive repeated unwanted attention, gifts, threats, or communication; these activities cause emotional distress or fear for safety.

### **Additional questions:**

- Has your partner ever strangled/choked you?
- Are there guns, knives, or other weapons in your home?
- Do you feel unsafe in your home?
- Have you recently separated, or have you talked of doing so?
- Do you feel obligated to continuously forgive, forget, submit, and respect your partner without receiving the same in return?