

## EMOTIONAL/VERBAL ABUSE

Emotional/verbal (also known as psychological) abuse occurs where one partner continuously degrades or belittles the other or accuses the other of being stupid, unattractive, a bad parent, unfaithful or any other similar fault -- can indicate domestic violence or the potential for domestic violence. Although emotional, psychological, and financial abuses are not criminal behaviors, they are forms of domestic violence and can lead to criminal abuse.

Examples of emotional abuse:

- Putting someone down
- Making someone feel bad about him/herself
- Making someone think he/she's crazy
- Playing mind games
- Humiliating someone
- Making someone feel guilty
- Asserting "Male Privilege"
- Making all the big decisions
- Acting like the "Master of the castle"
- Being the one to define men's and women's roles
- Using one's economic power to control another
- Preventing someone from getting or keeping a job
- Making a partner ask for money
- Giving a partner an allowance
- Taking a partner's money
- Not letting a partner know about or have access to family income
- Controlling others through coercion and threats
- Making or carrying out threats to do something to hurt another
- Threatening to leave or commit suicide
- Threatening to report someone to the authorities
- Making a partner drop charges
- Abusing pets
- Displaying weapons
- Controlling others through the children
- Making a partner feel guilty about the children
- Using the children to relay messages
- Using visitation to harass a partner
- Threatening to take the children away
- Controlling others through isolation
- Controlling what a partner does, who he/she sees and talks to, what he/she reads and where he/she goes
- Limiting a partner's outside involvement
- Using jealousy to justify one's actions
- Controlling a partner through minimizing, denying and blaming
- Making light of the abuse and not taking a partner's concerns about it seriously
- Saying the abuse didn't happen
- Shifting responsibility for abusive behavior
- Saying, "He/she caused it."