

IS THIS ABUSE?

recognizing red flags

BELIEFS

- Uses your beliefs to their own advantage
- Leverages your convictions to shame you into compliance
- Exploits your conscience and loyalty for their own gain
- Flips blame if you fail to meet your own standards
- Controls or dictates your liberty

CHILDREN

- Threatens to harm children
- Doesn't pay child support or prioritize kids' needs
- Belittles partner in front of kids
- Leverages children to keep partner silent
- Abuses other people's children
- Scares or hurts partner in front of kids

CULTURE

- Mistreats you and then blames it on their cultural expectations
- Demeans your own cultural or ethnic heritage or expectations
- Forces you to embrace their cultural practices against your will
- Isolates you from access to, or participation in, mainstream culture
- Leverages cultural expectations or shame to keep you/others silent
- Isolates you through language barriers, lack of translation
- Insults or mocks your culture or ethnicity as inferior or substandard

CYBER

- Uses technology for surveillance, monitoring, harassing you
- Knows too much - feels spooky
- Films/shares explicit images w/o your consent or knowledge
- Hoaxes - calling police to your house, making false reports
- Impersonates your identity online
- Sabotages you using social/tech

EMOTIONAL

- Invalidates your perception of reality
- Insults then says, "I'm joking!"
- Denies affection, goes silent
- Manipulates with false guilt
- Flips arguments back onto victim
- Acts possessive (calls it protective)
- Vacillates: relational rollercoaster

FINANCIAL

- Limits access/tracks every penny
- Abdicates finances, but criticizes
- Avoids paying or wrongly calculates child support
- Spends impulsively, incurs secret or unnecessary debts
- Interferes with state aid
- Makes all financial decisions
- Lies about money, time, activities

INTELLECTUAL

- Demands perfection
- Insists on proof of your opinions
- Insults intellect, education level, or ability to think
- Dumbs victim down
- Intimidated by your mind
- Refuses to allow you to disagree
- Invalidates others if they point out abuse

PETS & PROPERTY

- Confiscates keys/ ID/ Driver's License
- Damages victim's car, refuses to keep it maintained
- Trashes victim's favorite things, often may say it was accidental
- Harms or neglects your pets, or gives them away
- Punches walls, slams doors
- Threatens to do any of these

PHYSICAL

- Drives recklessly, road rage/ entitlement
- Disturbs victim's sleep
- Chokes, restraints, controls breath
- Blocks exits, won't let victim leave
- Prevents from getting medical care
- Throws things, uses items other than hands to cause pain or fear
- Slap/ hit/ kick/ punch/ bite/ pinch/ spit

VERBAL

- Tells victim how to do everything
- Cuts victim off in conversation
- Belittles/puts down victim
- Forbids victim from talking to others about issues
- Shames, silences, or insults
- Yells/ screams/ swears/ calls names
- Publicly humiliates you

LEGAL

- Leveraging the legal system to terrorize you
- Filing bogus court motions
- Puts the kids in the middle
- Making false reports or fake allegations
- Draining your resources
- Failing to disclose accurately
- Drags out negotiations
- Refuses to comply with motions or court orders

MEDICAL

- Obstructing medical care
- Traumatic stress causing health conditions
- Withholding/overmedicating
- Preventing access to therapy
- Neglecting nutrition/needs
- Falsely reporting conditions
- Interfering with healthcare coverage plans
- Violating body integrity by forcing surgeries or abortion

ABUSE OF POWER

- **Creates chaos** - gains control by turning people against each other
- **Credit hog** - takes other's ideas, doesn't share glory
- **Delusions of Grandeur** - believes they're smarter/wiser/stronger/more powerful than reality
- **Entitled** - acts as if others should give way to their preferences and desires
- **Supremacist** - looks down on others, thinks own identity is superior
- **Obsessed with "respect"**- may get aggressive to peers/children/elderly who act with perceived disrespect.
- **Fixated on appearances** - expects others to keep secrets, maintain glossy public image regardless of reality

PSYCHOLOGICAL

- Does things, denies it later
- Terrorizes, acts like nothing happened
- Projects responsibility
- Displays weapons to scare you
- Convinces you they know better than you do
- Threatens to hurt or kill themselves or others

REPRODUCTIVE

- Pressuring her to conceive
- Shaming or celebrating loss
- Forcing abortion/childlessness
- Coercing sex during fertile days
- Stealthing or sabotaging condom
- Using religious beliefs to forbid prevention or prenatal care
- prioritizing her recovery lower than his sexual fulfillment

SEXUAL

- Forces or withholds sex as punishment (not the same as seeking safety)
- Criticizes your body or sexuality, compares you to others
- Demands sex as payment for favors or "kindnesses"
- Consumes pornography or makes you watch explicit material
- Has physical or emotional affairs, or threatens to cheat
- Lacks intimacy and connection that is safe and bonding
- Sexually abuses or molests your children or other people's children

SOCIAL

- Monitors friendships/activities (phone, email, text)
- Tracks social media
- Monitors mileage
- Discourages friendships or outside activities
- Dictates access to education/ employment
- Keeps victim at home

SPIRITUAL

- Uses religion to gain advantage
- Leverages spiritual leaders against spouse
- Twists Scripture to avoid accountability
- Silences you with sacred texts
- Believes you need them in order to understand your religion
- Soul-destroying behaviors

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