

TYPES AND PROGRESSION OF ABUSE

Abusers' behavior progresses as their need for power and control over their victim increases. It can be seen in different types of abuse. Without intervention, the abusive behavior will likely escalate. The abuser's behavior intensifies from the top to the bottom of the chart. Although both abusers and victims may be either male or female, in this list abusers are referred to as men and victims as women.

Psychological	Physical	Sexual	Spiritual, Social, Economic
Speak badly of his mother 'Jokingly' put down victim Ignore & minimize victim's feelings Withhold approval & emotional support Demand all the attention Possessive & jealous Control major decisions Create fear with certain looks/actions Treat victim as a servant Yell, name-call, & swear Degrade, insult, and label Belittle, demean, humiliate Make victim feel helpless Control how victim looks Make victim feel stupid, crazy, or mentally ill Control use of vehicle Blame & accuse victim for everything including abuse Play mind games Has double standards No cause & effect logic Betrayal Destroy or damage victim's property Use children as pawns Resent children, pregnancy, or marriage Stalk & harass Deny abuse happened Doesn't follow through with promises to improve Isolate & withdraw Cruel to pets/animals Threaten to kill her & children if she leaves Threaten children, pregnancy, or marriage Commit suicide	Refuse to meet partner's/children's needs Withhold affection Deprive victim of sleep, food, medicine, medical care Force victim to consume alcohol/drugs Make victim do illegal things Push & shove Slap, bite, & pinch Shake & bruise Hit, punch, & kick Choke Beat Cause lacerations, broken bones, burns, & internal injuries Restrain while beating Use objects as weapons Threaten with weapons Abuse when pregnant-focused on breast & abdomen Abuse children Use weapons such as guns or knives Disfigure Murder	Tell sexual jokes Demeaning gender remarks Degrade role as lover Jealous Accuse victim of flirting/affairs Unwanted touching Control use of birth control Withhold sex Name-calling with sexual epithets Humiliate sexually Coerce, pressure, threaten, or intimidate victim to have sex Force victim to view or engage in pornography Forceful sex Inflict pain during sex Demand monogamy from victim Have extra-marital affairs Transmit STDs Rape Coercive or demand sex following pregnancy, surgery, or injury Force victim to engage in sex with others Rape resulting in injury Incest with children	Spiritual Use religious beliefs to control victim (must obey/master of house/be subservient) Degrade or make fun of victim's spiritual beliefs Not allow victim to read spiritual materials Not permit victim to participate in spiritual practices Social Make fun of women Use gender myths & roles Jealous of victim's friends, family, and success Degrade victim's culture, nationality, profession Isolate victim from family, friends, & support system Control victim's time Control who victim sees, talks to, & where victim goes Move victim away from family and friends Threaten to harm or kill people close to victim Economic Force economic dependence Control money & finances Deny access to income Make victim ask for money Deny victim education to get better jobs Force victim to account for all expenditures Deny victim's ability to work Humiliate victim at work Sabotage victim's career Get victim fired