



Franconia Family Therapy Center

Descriptions of Abuse in Relationships

ISOLATION:

- ~ forbids partner to talk to their friends
- ~ forbids partner to talk to other friends of the same sex and accuses partner of being unfaithful
- ~ decides the social and school activities in which partner will participate
- ~ controls what clothes partner wears, how partner wears their hair, etc.
- ~ tells partner that no one likes them and that no other person would want to take them out

EMOTIONAL:

- ~ puts partner down or makes them feel bad about themselves
- ~ breaks dates and cancels plans without reason
- ~ embarrasses partner in front of friends and family
- ~ uses words that humiliate women/men
- ~ uses drugs and alcohol to excuse partner's abusive behavior
- ~ changes mood abruptly
- ~ makes partner think they are crazy
- ~ expects partner to support all their decisions, even bad ones

SEXUAL:

- ~ pressures partner to engage in sexual activities
- ~ spreads rumors about partners sexual behavior
- ~ puts partner down or makes fun of their sexual behavior

THREATS:

- ~ threatens to hurt partner if they break up with them
- ~ threatens suicide if partner breaks up with them
- ~ threatens to hurt the people who talk to their partner
- ~ threatens partners family and friends

USING FEMALE/MALE PRIVILEGE:

- ~ makes all the decisions in the relationship
- ~ uses phrases like, "I just showed him/her who's the boss," or "I just put him/her in line" to justify partner's abusive behavior

INTIMIDATION

- ~ destroys partner's personal belongings
- ~ speeds and drives recklessly to scare partner
- ~ uses a loud or intimidating tone
- ~ calls repeatedly to check up on partner or to harass partner

From **Turning Points**