A Power and Control Perspective

Adapted from: Domestic Abuse Intervention Project, Duluth, MN. Copyright 1990 by the New York State Office for the Prevention of Domestic Violence

PSYCHOLOGICAL

ABUSE

Instilling or attempting to instill fear,

e.g. intimidation, threatening physical

harm to self, victim and/or others,

threatening to harm/kidnap children,

menacing, blackmail, harassment,

harm to pets, destruction of property,

mind games. Isolating or attempting to

isolate one from friends, family,

school and/or work, e.g. withholding

access to phone and/or transportation,

undermining one's personal

relationships, harassing others,

constant "checking up" and/or

accompaniment,

use of unfounded accusations,

forced imprisonment.

PHYSICAL ABUSE

Inflicting or attempting to inflict Physical injury and/or illness, e.g. Grabbing, pinching, shoving, slapping, hitting, hair-pulling, biting, armtwisting, kicking, punching, choking/strangling, hitting with blunt objects, stabbing, shooting.

Withholding access to resources necessary to maintain health, e.g. medication, medical care, wheelchair, food or fluids, sleep, hygienic assistance.

Forcing alcohol

and/or other drug use.

POWER AND CONTROL

ECONOMIC ABUSE

Making/attempting to make a person Financially dependent, e.g. maintaining total control over financial resources including victim's earned income or resources received through public assistance/social security, withholding money and/or access to money, for-bidding attendance at school, forbidding employment, on-the-job harassment, requiring accountability and justification for all money spent, forced welfare fraud, Withholding information about family finances, running up bills for which the victim is responsible for payment.

SEXUAL ABUSE

Coercing/attempting to coerce any sexual contact without consent, e.g. marital/acquaintance rape, forced sex after physical beating, attacks on sexual parts of body, forced prostitution, unprotected sex, fondling, sodomy, sex with others, use of pornography. Attempts to undermine a person's sexuality, e.g. treating one in a sexually derogatory manner, criticizing sexual performance and desirability, withholding sex, accusations of infidelity.

EMOTIONAL ABUSE

Undermining or attempting to undermine a person's sense of selfworth, e.g. constant criticism, belittling one's abilities or competency, name calling, insults, put downs, silent treatment, manipulating another's feelings and emotionsparticularly inducing guilt, subverting a partner's relationship with the children, repeatedly making and breaking promises.