Tension Building
Person causing harm is critical, mean, withdraws affection, increases substances use. Survivor tries to calm or appease them to avoid violence.

Incident
Person causing harm lashes out using tools to maintain power & control. Can be verbal, psychological, physical, etc. Survivor does what is necessary to survive.

EMOTIONAL ABUSE
- Withholding affection
- Putting you down
- Extreme jealousy
- Threats to harm you, yourselves, or others
- Using guilt and/or blame

PHYSICAL ABUSE
- Strangulation
- Blocking exits
- Shoving/pushing
- Restraining
- Punching
- Hitting
- Kicking
- Biting

SPIRITUAL ABUSE
- Using religion as an excuse to abuse or control you
- Forbidding you from attending church
- Putting down your faith

SEXUAL ABUSE
- Sexual putdowns
- Sexual objectification
- Forcing/coercing/withholding sex
- Threatening or having affairs
- Refusing/forcing use of birth control

INTELLECTUAL ABUSE
- Making you question your intelligence or self worth
- Calling you stupid/ignorant/dumb
- Attacking your ideas/opinions

FINANCIAL ABUSE
- Controlling all finances
- Not paying child support
- Making you account for all spending
- Forcing or not allowing you to work

PETS & PROPERTY
- Threats and/or harm to pets
- Punching holes in wall
- Breaking property (phone, computer, car, heirlooms, etc)

USING CHILDREN
- Abuse of children
- Threatening to harm and/or take children
- Using violation to harass or belittle you in front of children

USING CULTURE
- Not being allowed to participate in mainstream culture
- Using culture as an excuse to abuse/control

SOCIAL ABUSE
- Isolation from friends and/or family
- Monitoring calls, texts, emails & social media
- Use of social privilege as an excuse to abuse/control

VERBAL ABUSE
- Yelling
- Swearing
- Mocking
- Putdowns
- Name calling
- Degrading and/or objectifying comments

Honeymoon Phase
Person causing harm apologizes, buys gifts, makes excuses & promises. Survivor accepts apologies due to normal feelings of love & hope for their partner or relationship. Survivor feels hope.