



What is Domestic Violence?

Domestic Violence is a **repeated** pattern of behavior one person uses to gain **power and control** over another. Types of abuse can include verbal, emotional, financial, physical, intimidation, sexual or spiritual. Domestic Violence can also be referred to as domestic abuse or battering. It occurs in all socioeconomic, racial, ethnic, educational levels and in all faiths.

Abuse typically occurs in a cycle. The first cycle is the tension-building stage where there is an air of heightened anxiety. The woman finds herself “walking on eggshells” during this stage. The next stage is the acute or abusive stage. This is when the most intense emotional, verbal, physical or other type of abuse occurs. Typically, this stage is followed by the “Honeymoon” stage. In this stage, the abuser may say that he is sorry, promise never to do it again, or want to make it up to her with flowers or sex. This stage is extremely damaging to the woman. Her feelings go from anger to love to confusion. She wants to believe him and the cycle continues.

Examples of Types of Abuse

Verbal Abuse

- Name calling
- Shaming
- Insulting
- Ridiculing
- Demeaning
- Using words or voice to destroy self-worth
- Accusing
- Profanity

Emotional Abuse

- Humiliation
- Manipulation
- Undermining
- Deceiving or lying
- Deprivation of sleep
- Isolation from friends and family
- Demanding all of her time
- Threatening to kill her
- Not allowing privacy

Financial Abuse

- Controlling all the money
- Not allowing her to work
- Forcing her to work
- Taking her paycheck if she works
- Not allowing her money of her own
- Making her account for every dime she spends
- Destroying things that she worked for
- Not allowing her knowledge of assets
- Providing her inadequate money for food and clothing

Physical Abuse

- Slapping
- Hitting
- Punching
- Choking
- Shoving
- Grabbing
- Beating
- Pushing
- Kicking
- Holding Down
- Poking
- Twisting limbs
- Pulling hair
- Burning
- Refusing to help when she is ill or injured
- Not allowing her to call 911 if injured
- Throwing things
- Locking her out
- Restraining her
- Blocking exits
- Attacking with an object
- Use of deadly weapons
- Abandoning her in dangerous situations
- Threats to harm her or her family

Intimidation

- Threats of leaving her or committing suicide if she leaves
- Destroying pets or personal property
- Punching his fist through walls
- Instilling fear

Sexual Abuse

- ❑ Sexually degrading attitudes
- ❑ Accusing her of having an affair
- ❑ Forcing her to engage in frightening or unpleasant sexual acts
- ❑ Beating her if she refuses to have sex
- ❑ Forcing reproductive decisions
- ❑ Rape

Spiritual Abuse

- ❑ Distorting scripture to justify his actions
- ❑ Demanding one-sided submission without exception
- ❑ Telling her he is the head of the household and has the right to punish her
- ❑ Forcing her to violate her religious beliefs
- ❑ Preventing her from attending church
- ❑ Ridiculing her beliefs

If any of this sounds familiar, you may be in an abusive relationship. There is hope. Help and information is available through any of the Domestic Violence Resources listed on our website. In addition, help is available through our Ministry. You can visit one of our support groups to learn more about domestic violence, be supported, loved, learn about scriptural abuse and be empowered through the love of Jesus Christ.