

# TAKE THE QUIZ

## Techniques of Control

Abuse is about power and control. An abusive partner uses various methods to establish and maintain control in the relationship. The methods of control are as broad as the abuser's imagination, but the following examples are areas that can be used to maintain control.



If you can check one or more of these boxes, you may be living with domestic violence.

## PHYSICAL

- Throws things at you.
- Chokes you.
- Shoves and pushes you.
- Hits you.
- Threatens to harm you.
- Threatens you with weapons.
- Hits your head against the wall.
- Injures you and then won't let you go to the hospital or a doctor.
- Rapes you.
- Forces you to have sex with others.
- Makes you scared when you are arguing.
- Destroys your clothes and favorite things.
- Won't let you sleep.

## PSYCHOLOGICAL/VERBAL

- Blocks the door so you can't leave during an argument.
- Scares you by standing too close.
- Clenches fist to intimidate you.
- Scares or intimidates you to get their way.
- Drives recklessly to scare you.
- Harms or threatens to harm your pets.
- Stalks you.
- Extreme jealousy or possessiveness.
- Often phones or unexpectedly shows up.
- Is angry if you are 5 minutes late.
- You are made to feel worthless/ not worthy of love.
- Is unpredictable.
- You are made to feel you never say/do anything right.
- Blames you for the abuse or denies abuse happened.
- Pressures you to take drugs so that you can share a high.

- Calls you names like dummy, whore, or bitch.
- Threatens to commit suicide if you leave or tells you that you'll never be able to leave.
- Humiliates you in front of family or friends.
- Makes you afraid when you are arguing, so you give in to them.

## ISOLATION

- Starts a fight when you want to leave or makes you feel guilty for leaving.
- Doesn't let you spend time with your family or friends.
- Makes you feel guilty for spending time with other people.
- Accuses you of having affairs.
- Controls what you can or can't do.
- Takes you to work and picks you up.

## DIGITAL

- Constantly calls or texts.
- Reads through your messages or text conversations.
- Tells you who you can or can't be friends with on social media.
- Sends threatening or insulting messages.
- Reveals private information, secrets, or photos of you online.
- Demands access to your online accounts.

## ECONOMIC

- Makes you account for every dime you spend.
- Refuses to give you money for food, gas or medicine.
- Steals money from you or lies about how money is spent.
- Prevents you from going to work.
- Demands that you quit your job.
- Harasses you at work.
- Forces you to give them the money you earn.
- Doesn't work, but takes your money or steals you things and sells them.

## IGNORING YOUR NEEDS AND OPINIONS

- Constantly interrupts you.
- Twists your words.
- Forgets what you just said.
- Withdraws into silence and you have to figure out what you've done wrong in their mind.

- Shows up unannounced.
- Fails to show up, even if you made plans.
- They go out alone, but you are not permitted to.
- Makes every decision.
- Has to have the last word.

## SHIFTING RESPONSIBILITY

- Says that everything would be fine if you kept the kids quiet, didn't act stupid, cooked or cleaned better, etc.
- Is good natured with other people, and says it must be what you do that causes problems.

## SEXUAL HUMILIATION

- Pressures you to have sex in ways that make you uncomfortable.
- Makes sexual jokes about you in front of other people.
- Makes fun of your body.
- Forces you to pose in ways that make you feel uncomfortable.
- Tells you jokes that are degrading.

# Did You Check More Than One Box?

If you checked more than one box, you may be a victim of domestic abuse. All of the items listed above are signs of abuse. Domestic violence isn't just physical abuse, it's all abuse. Domestic violence is when someone in an intimate relationship with you is exerting physical, psychological, emotional, mental, digital, or financial control over you.

Reach out to your local domestic violence organization or PurpleOne today. There is no obligation to do anything or to take any action — just talk and learn more.

 [info@PurpleOne.org](mailto:info@PurpleOne.org)