

# UN\*SILENCE DOMESTIC VIOLENCE

## DEFINITION OF VIOLENCE

- Pushing or shoving
- Grabbing to restrict movement (stopping a partner from leaving, for example)
- Slapping
- Kicking
- Biting
- Hitting with a fist or object
- Beating up (striking more than once)
- Using a knife or gun
- Controlling your partner's time, space, money, thoughts, or choices such as what they wear
- Monitoring where your partner goes or what they spend money on
- Isolating your partner by not letting them see or talk to others
- Making all of the decisions without your partner's input or consideration of their needs
- Accusing your partner of flirting, having an affair, or being unfaithful when there is little or no evidence they have done so. Also called Triangulation
- Getting angry or resentful when your partner is successful in a job or hobby
- Intimidating your partner by making them afraid, including breaking things, punching walls, slamming doors, or throwing objects
- Threatening to hurt your partner, their children, their pets, or damage their property, even if you don't follow through on the threat
- Threatening to hurt yourself, especially when things are not going your way
- Threatening to leave or divorce your partner
- Withholding legal documents, visa's, passports, immigration access
- Demeaning your partner with frequent put-downs, name calling, blame, or humiliation
- Saying things that are designed to make your partner feel "crazy" or "stupid"
- Always being right, never apologizing
- Punishing your partner by refusing to talk to them or by withholding affection
- Withholding essential resources like food or money (also called economic abuse)
- Frequent mood swings, where one moment you are loving and affectionate, and the next moment you're angry and threatening
- Frequently and quickly escalating into rage, where you just snap and lose it
- Blaming others for your behavior, especially your parents, partner, or children
- Blaming alcohol, drugs, stress, or other life events for your behavior
- Using sex, money, privileges, or other favors as a way to "make up" after conflict in order to stop feeling guilty
- Acting like your behavior is no big deal, denying the behavior, or telling your partner it's their fault
- Using religious beliefs to justify holding a dominant, authoritarian position over your partner (also called spiritual abuse)
- Attempting to force your partner to keep quiet about your behavior or drop criminal charges

~National Network to End Domestic Violence Website