

Patterns of Abuse

Psychological Abuse	Social Abuse	Physical Abuse	Sexual Abuse
Insulting the victim	Society reinforcing the role of a woman	Pinching, squeezing, hair pulling	Making sexual jokes about women
Calling the victim names	Society fostering a woman's dependence on a man	Pushing, shoving, grabbing, restraining	Showing jealousy
Yelling at the victim	Society blaming the mother for the ills of a family	Throwing things	Looking at women as sex objects
Ignoring the victim's ideas and feelings	Society believing abuse is a private matter	Standing in the doorway/blocking exits	Touching victim against their wishes
Using threats	Family and friends aiding in the victim's isolation	Landing blows so injuries don't show in the same place	Treating victim like a sex object
Labeling the victim (<i>i.e., crazy, whore</i>)	Others believing the abuser's side of the story	Slapping, hitting, kicking, punching	Expecting sex as a duty
Blaming the victim for all problems and/or the abuser's violence	Others blaming the victim (<i>i.e., police</i>)	Causing visible injuries	Withholding sex as punishment
Threatening to kidnap or kill the victim and/or children	Others labeling the victim (<i>i.e., bitch, masochist</i>)	Throwing the victim	Forcing sex after violence
Questioning the victim or causing the victim to question their own sense of reality	People reinforcing the victim's isolation by ignoring the violence	Burning the victim (<i>i.e., hot drinks, cigarettes</i>)	Accusing victim of being a whore if they enjoy sex
Isolating the victim	Putting down the victim's heritage/history/culture	Breaking bones	Forcing sex acts (<i>i.e., anal, oral, third party</i>)
Jokes that demean women	Moving/relocating the victim repeatedly	Using objects as weapons (<i>i.e., lamps</i>)	Humiliating, selling, or tying the victim
Rigid gender role requirements	Medicating/hospitalizing victim as a result of psychological abuse	Using conventional weapons	Sexually abusing the victim's children
Jealousy (<i>i.e., accusations of cheating</i>)	Controlling the victim by manipulating their medication	Strangling/smothering the victim	Forcing the victim to watch sexual acts with others
Paranoia (<i>i.e., anger at society</i>)	Hospitals taking lies about bruises at face value	Causing permanent or disfiguring injuries	Abuser's intentional promiscuity
Sleep deprivation due to relationship revolving around abuser's needs and victim's fear/guilt	Sexism	Series of hits/kicks/beatings	Victim has no control over their body or space
Unpredictable violence	Nowhere for victim to turn	Back injuries, paralysis, internal injuries	Beatings before or during sex
Victim's self-esteem is destroyed	Victim's self-esteem is destroyed	Murder	Sadism and murder

Source: Washington State Coalition Against Domestic Violence Training Manual



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