USING COERCION AND THREATS
Making and/or carrying out threats to do something to hurt her
• Threatening to leave her, to commit suicide, or to report her to welfare • Making her drop charges • Making her do illegal things.

USING INTIMIDATION
Making her afraid by using looks, actions, gestures
• Smashing things • Destroying her property • Abusing pets • Displaying weapons.

USING ECONOMIC ABUSE
Preventing her from getting or keeping a job
• Making her ask for money • Giving her an allowance • Taking her money • not letting her know about or have access to family income.

USING EMOTIONAL ABUSE
Putting her down • Making her feel bad about herself • Calling her names • Making her think she’s crazy • playing mind games • Humiliating her •Making her feel guilty.

USING MALE PRIVILEGE
Treating her like a servant • Making all the big decisions • Acting like the “master of the castle” • Being the one to define men’s and women’s roles.

USING CHILDREN
Making her feel guilty about the children • Using the children to relay messages • Using visitation to harass her • Threatening to take the children away.

MINIMIZING, DENYING, AND BLAMING
Making light of the abuse and not taking her concerns about it seriously • Saying the abuse didn’t happen • Shifting responsibility for abusive behavior • Saying she caused it.

USING ISOLATION
Controlling what she does, who she sees and talks to, what she reads, where she goes • Limiting her outside involvement • Using jealousy to justify actions.

VIOLENCE

DOMESTIC ABUSE INTERVENTION PROJECT
202 East Superior Street
Duluth, Minnesota 55802
(218) 722-2781
NEGOTIATION AND FAIRNESS
Seeking mutually satisfying resolutions to conflict
• Accepting change • Being willing to compromise.

NON-THREATENING BEHAVIOR
Talking and acting so that she feels safe and comfortable expressing herself and doing things.

ECONOMIC PARTNERSHIP
Making money decisions together
• Making sure both partners benefit from financial arrangements.

RESPECT
Listening to her non-judgmentally
• Being emotionally affirming and understanding • Valuing opinions.

SHARED RESPONSIBILITY
Mutually agreeing on a fair distribution of work • Making family decisions together.

TRUST AND SUPPORT
Supporting her goals in life • Respecting her right to her own feelings, friends, activities and opinions.

RESPONSIBLE PARENTING
Sharing parental responsibilities • Being a positive non-violent role model for the children.

HONESTY AND ACCOUNTABILITY
Accepting responsibility for self • Acknowledging past use of violence • Admitting being wrong • Communicating openly and truthfully.

NONVIOLENCE