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VIOLENCE SEXUAL PHYSICAL **USING COERCION** INTIMIDATION AND THREATS Making her afraid by using Making and/or carrying out threats to do something to hurt Looks, actions, gestures her ●threatening to leave her, •smashing things to commit suicide, to report destroying her property USING USING her to welfare ●making abusing pets ECONOMIC EMOTIONAL her drop charges displaying ABUSE ABUSE •making her do weapons Preventing her from Putting her down illegal things getting or keeping a job •making her feel bad •making her ask for money about herself ●calling her •giving her an allowance names •making her think she's taking her money crazy •playing mind games •not letting her know about or **POWER** ●humiliating her ●making her have access to family income feel guilty. AND USING MALE PRIVELEGE USING ISOLATION CONTROL Treating her like a servant Controlling what she does, who • making all the big decisions she sees and talks to, what she •acting like the "master of the reads, where she goes castle" •being the one to Imiting her outside MINIMIZING USING define men's and involvement CHILDREN DENYING women's roles. using jealousy to AND BLAMING Making her feel justify actions guilty about the Making light of the children ●using the abuse and not taking her concerns about it children to relay messages seriously •saying the abuse using visitation to harass didn't happen ●shifting her •threatening to take the children away. responsibility for abusive PHYSICAL VIOLENCE SEXUAL behavior •saying she

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NONVIOLENCE

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.

RESPECT

Listening to her non-judgmentally ●being emotionally affirming and understanding ●valuing opinions

TRUST AND SUPPORT

Supporting her goals in life

•respecting her right to her own

feelings, friends, activities and

EQUALITY

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

ECONOMIC

PARTNERSHIP

Making money decisions

Together •making sure

both partners benefit from

financial arrangements.

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

opinions.

•communicating openly and truthfully.

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