

ABUSE AND CONTROL IN RELATIONSHIPS: A RESOURCE FOR FAITH COMMUNITIES

USING &

ABUSING

Abuser expects victim to be an extension of abuser's mind and way of thinking. Mocks or undermines victim's intellect. Has "seen and not heard" expectation on victim, i.e. victim has no rights to own opinions/thoughts. Abuser makes all the big decisions.

Using faith, religious beliefs, mana etc. to justify the abuse. Misusing sacred writings, objects or sayings to hurt or control the person. Destroying/desecrating sacred items. Cursing. Controlling prayers. Making victim think God is against them.

> Controlling what victim does, who they see and talk to, where they live, Lying to support people such as police, faith leaders and friends about the victim and abuse. Interrogating victim. Cutting off phone. Using jealousy to justify actions.

QNIM VIOLATION

Abuser has "poor me", "no one understands me". "hard done bv". "aet them before they aet me". attitude. Uses self-pity. Justifies abuse. Non-listening. Non-repentant. Superiority. Treats victim as slave. Vindictive. TORTURE ABUSE

SELFISHNESS

Using and abusing others to hurt victim i.e. children, parents, siblings, pets. Threatening or going through with suicide. Alienating safe parent from children.

> Put downs, Name calling, Mind games. Making victim think they're crazy, useless etc. Humiliating victim. Making them do degrading things. Fault-finding in every thing.

HUMILIATION MENTAL **EMOTIONAL** ABUSE ABUSE HATE **ECONOMIC** SPIRITUAL **SELF-PITY** ABUSE & ABUSE NEGLECT DECEIT **PHYSICAL ISOLATION** & SEXUAL ABUSE

& BLAMING THREATS

& BLAMING DEATH INTIMIDATION

WASHING DEATH INTIMIDATION

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THREATS

Withholding necessities/family income. Making victim beg for money. Begrudging cost of living for the victim. Using victim's name for bad debts. Forcing or frightening victim into giving their monev.

Perpetrator using charm to convince people that they're not abusive. Twisting things. Saying abuse didn't happen. Making light of abuse. "Sweeping abuse under the carpet". Blaming

LIES/

MINIMISING

Making victim afraid by using threats, loud or menacing voice, looks, actions, gestures. Displaying weapons. Coercion. Driving dangerously with victim or children in the car.

Treating victim like an object. Rape. Slapping, kicking, punching, hitting etc. Unwanted physical/sexual contact. Forcing victim to look at or act out pornographic material. Comparing victim's body to others in a negative way. Unfaithfulness.