EMOTIONAL ABUSE Denying feelings, using guilt, blaming others for everything, excessive jealousy, forcing sleep deprivation, silent treatment, playing mind games, making me feel crazy.

FINANCIAL ABUSE

ASTORIOGICAL
ABUSE

ABUSE debt, calling social services, giving an allowance, not paying child support.

or leave victim, threatening gestures or actions, threatening suicide, displaying weapons, destroying personal property, abusing pets, stalking.

Demanding passwords or nude photos, sharing nude photos without consent, tracking location, excessively monitoring/controlling accounts, stalking or hacking accounts.

Isolating me from my friends and family, interfering in relationships, monitoring me, sabotaging my ability to work or go to school, spreading rumors about me.

Using

undocumented

status to threaten, using

culture as an excuse to

abuse, criticizing my

culture, forcing me to adopt

their cultural practices.

Abusing or harming children, undermining my parenting, excessive punishments, threatening to take kids away, using children as a tool in visitations, jealousy of time spent with kids.

Using scripture to justify abuse, putting down or mocking my faith, cutting me off from my place of worship, not allowing me to practice my religion.

Forcing or coercing into having sex, threatening to or having affairs, sexual put-downs, withholding sex as punishment, comparing me to others, demanding sex, unwanted force or other sexual practices.

Blocking exits, driving recklessly to frighten, intimidating with size and gestures, punching, kicking, spitting on, choking, restraining.

Name calling, humiliating me, excessive swearing and yelling, insulting comments, telling me I'm worthless.

POWER & CONTROL

SPIRITUAL ABUSE

SEXUAL ABUSE

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# HONESTY & ACCOUNTABILITY

Accepting responsibility for self and acknowledging if they hurt you or did something hurtful.

# NON-THREATENING BEHAVIOR

Talking and acting to make your partner feel safe to express themselves • Committing not to use threats or manipulative actions.

# INDEPENDENCE + AUTONOMY

Recognizing interdependence
• Awareness of dependence needs

- Accepting individual "separateness"
- Fostering individual identity

## NEGOTIATION + FAIRNESS

Seeking mutually satisfying resolutions to conflict • Accepting change • Being willing to compromise

## RELATIONSHIP EQUALITY WHEEL

## TRUST & SUPPORT

Supporting each other's goals • Respecting each other's rights and individual feelings, friends, activities and opinions • Overcoming jealousy issues

## COMMUNICATION

Communicating openly and truthfully
 Being honest to yourself and to your own feelings.

### **RESPECT**

Listening non-judgmentally •
Being emotionally affirming and
understanding • Valuing opinions

# SHARED RESPONSIBILITY

Mutually agreeing on fair distribution of work • Making decisions together • Sharing parenting responsibilities when there are children

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