

NOTES

CHECKLIST ABUSE BEHAVIOURS

The following is a list of behaviours that women may be subjected to during an abusive relationship. These tactics are often used by an abusive person in an effort to maintain power and control. They typically serve to reinforce fear, intimidation and coercion. When someone is being subjected to abuse, it often changes the way they view themselves, others and the world around them. Abuse is a cycle that can be broken. The first step is to identify the types of abuse that are happening. This abuse checklist can be used as a guide to help you remember instances of abuse, but it is not a complete list. Each woman's experiences are different and this is only a guide. Add your own events as needed.

ISOLATION

- Isolates you from others
- Tells you that you cannot do something
- Is jealous about who you see
- Monitors your time, makes you account for where you were
- Does not allow you to leave the house
- Restricts your use of the car
- Alienates you from family/friends
- Keeps you from getting medical care/counselling
- Tries/threatens to turn children/people against you
- Deprives you of sleep

ANGER AND INTIMIDATION

- Changes his mood suddenly
- Gives silent treatment
- Shouts or yells
- Pounds fists on table
- Throws or kicks something
- Stomps out of the house
- Slams doors
- Says that he has "nothing to lose"
- Has criminal background/current activity
- Has third parties monitor/harass you

PSYCHOLOGICAL ABUSE

- Blames you for his problems
 - Blames you for miscarriages/ termination of pregnancy
 - Drives cars in a frightening way
- Threatens to:
- Leave the relationship
 - See someone else
 - Take children away from you

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- Threatens to share or does share pictures of you on the Internet
- Inflicts unwanted pain on you during sex
- Pressures you to engage sexually with a third party
- Uses sex and intimacy to control you
- Forces sex as a condition to keep children safe/allow you to see them/return them to you
- Exposes children to pornography
- Sexually abuses the children

PHYSICAL ABUSE

- Throws things at you
- Pushes, grabs or shoves you
- Pulls your hair/twists your arm
- Pins you to wall, floor or bed
- Chokes you
- Kicks, hits or punches you
- Threatens you with a knife, gun or other weapon
- Tries to run you down with a car
- Physically abuses the children
- Hurts or kills pets
- Forces you to terminate pregnancy
- Causes physical harm while you are pregnant

EMOTIONAL ABUSE

- Insults you in front of others
- Puts down your physical appearance
- Treats you as though you are stupid
- Criticizes your care of children/home
- Calls you names and swears at you
- Calls you crazy/irrational
- Accuses you of having an affair
- Ridicules family or friends
- Goes through personal things, i.e., purse, drawers, pockets, phone or computer
- Sends harassing messages through social media sites or via text messages
- Abuses drugs or alcohol

HETEROSEXIST/TRANSPHOBIC ABUSE

- Exploits societal homophobia
- Exploits internalized anxieties about your sexual orientation to control you
- Threatens to “out” you and reveal your sexual orientation to family, friends, neighbours and employers
- Uses offensive pronouns

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- Denies you access to medical treatment or hormones or coerces you to pursue medical treatment
- Tells you that you are not a real “woman”
- Uses looks, actions, gestures to reinforce homophobic, biphobic or transphobic control
- Makes you feel bad about yourself
- Says no one will believe you, especially if you are lesbian, gay, bisexual or trans
- Says women can’t abuse women or men can’t abuse men and therefore it is just “fighting” and not abuse
- Threatens to tell your ex-spouse or authorities that you are lesbian, gay, bisexual or trans so they will take the children
- Controls/defines each partner’s role or duties in the relationship
- Uses privilege or ability to “pass” to discredit you, put you in danger, cut off your access to resources or use the system against you

POST-SEPARATION ABUSE

- Blocks access to money after separation
- Drains joint bank accounts or assets
- Uses stalking behaviours (property damage, excessive phone calls, phone threats and verbal abuse, phones and hangs up, etc.), particularly if you take a stand against what he wants
- Monitors your whereabouts and/or follows you
- Uses technology to stalk you
- Uses social media to talk about your case or slander your name
- Locks you out of the family home
- Increases threats and intimidation
- Escalates abusive behaviours when you have a new partner
- Threatens/causes harm to your new partner
- Makes false allegations to slander/undermine your new partner
- Destroys your/children’s belongings
- Uses children to justify breaking no contact orders
- Disrupts children’s routines (e.g., sleep, eating, sports, etc.)
- Withholds information about children
- Contradicts your rules for children
- Demands visitation schedules at your/children’s expense
- Makes false accusations of bad parenting
- Exploits “father’s rights” to gain sympathy/undermine you
- Withholds child/spousal support, medical insurance, financial contribution to children’s extra expenses (e.g., sports, daycare, school uniform/graduation costs)
- Neglects children during his time with them
- Uses violence in front of children
- Uses corporal punishment with children
