WildernessToWILD.com

SEXUAL

Care than hands to cause pain or fear Slap/hit/kick/punch/bite/ pinch/spit

• Harms pets, gives them away Punches walls, slams doors Threatens to do any of these PETS & PROPERTY

• Perene in the providence of Chokes, restrains, controls breath Blocks exits, won't let victim leave Prevents from getting medical Throws things, uses items other

PHYSICAL

sleep

road rage

refuses to keep it • Trashes victim's favorite things, says it was accidental

• Drives recklessly, Confiscates Disturbs victim's keys/ID/ Driver's License • Damages victim's car,

· Fixated on appearances - expects others to eenies it later says keep secrets, maintain glossy public image regardless of reality . Demands

thinks own identity is superior • Obsessed with "respect" - may get aggressive to peers/children/elderly who act with perceived disrespect

take care of their needs • Supremacist - looks down on culture, color, gender, age, status,

· Dictates belief system for everyone in the household • Entitled - acts as if others should give way to their preferences, or

'OWFR

smarter/wiser/stronger/more powerful than reality

 Credit hog – takes other's ideas, doesn't share glory · Delusions of grandeur - believes they're

 Creates chaos – gains control by turning people against each other

· Solates though language · Insuits victin's family Culture as inferior to Insults then says "I'm joking!" theirs Denies affection, goes silent • Manipulates with false guilt Flips arguments back on victim , Acts possessive (calls it protective) • Vacillates - creates relationship rollercoaster

Tracks every penny

· minoren or idin Smith . 1011100000 0 101110 100 10000000

outabuse

· Inaliate alles the paint

· Dums idin down

victim spends

Avoids child support

payments

Limits victim's

. Hastonpoold weight state of the state

• Insults intellect of

perfection

money

Spends impulsively, incurs

debts

Interferes with welfare/

INFILLUM

state aid

Lies about money, time, activities

Makes all financial decisions

· Misteals and blanes it on culture

· Demeans victin's nerrage

· Isolates victim from mainstream

· Uses expectations or sharpe to

CUITURE

Reep vicin silent

battlets

• FOCES RCEIN TO ENDIGCE THEIR CHILIPE

CUIDE

 Monitors communication Discourages friendships education/employment Dictates freedom to Tracks social media (phone, email, text) Monitors mileage Keeps victim at home

SYSTEMS OF ABUSE

13 BEHAVIOR

PATTERNS

 Lacks intimacy and connection Has affairs or threatens to cheat Uses pornography or makes Sexually abuses or molests others • Demands sex as Criticizes body or Forces or sexuality withholds sex

• Bedeted soft of the soft of

C Reep wellin alfald then wellin es wellin field the desis to hilf of thilf held thow better thirdes to hilf of thilf here aleac

• Then with does or one stens to hur or kill theirselves

PSYCHOLOGICAL

. Twist Scilpture David

England States against spille pue Belees vitin neats ooreno no manual m manual m Bibleverses . Solidestoine and about God behaviors

 Cuts victim off in conversation Belittles/puts down victim Forbids victim from talking to others about issues Shames, silences, or Yells/screams/swears/ insults calls names Demands that victim keep secrets

VERBAL

Tells victim how to do everything

• Threatens to harm children Doesn't pay child support • Belittles partner in front of kids •Leverages kids to keep partner silent Abuses other people's children Scares or hurts

partner in front

of kids

CHILDREN

 Invalidates victim's perception of reality FMOTIONAL