# Forms of Abusive Behavior

<table>
<thead>
<tr>
<th>Physical</th>
<th>Psychological</th>
<th>Sexual</th>
<th>Reproductive</th>
<th>Economic</th>
<th>Technological</th>
<th>Legal</th>
<th>Spiritual/Religious</th>
</tr>
</thead>
</table>
| - Pulling hair, punching, slapping, kicking, biting or choking  
- Forbidding eating or sleeping  
- Using weapons to threaten to hurt  
- Preventing calling the police or seeking medical attention | - Harming children  
- Abandoning the victim in unfamiliar places  
- Driving recklessly or dangerously with the victim in the car  
- Forcing use of drugs or alcohol | - Forcing sex by manipulation  
- Engaging in violent sex – using weapons or dangerous objects  
- Using insulting, unwanted sexual names | - Refusing to use a condom or other type of birth control  
- Forbidding, removing or sabotaging birth control methods | - Controlling how all resources are spent  
- Preventing access to bank accounts  
- Forbidding or monitoring work or education  
- Maxing out credit cards in the victim’s name without permission  
- Using funds from children’s savings accounts | - Manipulating social networks and violating information privacy  
- Hacking into the victim’s email and personal accounts  
- Sending threatening emails or other online messages  
- Using sites like Facebook, Twitter and foursquare to keep constant tabs on the victim | - Falsely reporting the victim to law enforcement  
- Threatening deportation  
- Threatening reports to social service agencies who might cut benefits  
- Instituting legal procedures that the victim cannot afford to fight | - Socialized understanding of male dominance is sometimes reinforced by religious doctrines  
- Fearing being shamed by one’s spiritual community | - Gaslighting – manipulating the victim to question his/her own sanity  
- Acting jealous or possessive  
- Refusing to trust the victim  
- Cheating or accusing the victim of cheating  
- Attempting to control the victim’s appearance  
- Sabotaging the victim’s relationship with his/her children | - Involving other people in sexual activities  
- Forcing the victim to watch pornography  
- Purposefully trying to pass on a sexually transmitted disease | - Monitoring menstrual cycles  
- Forcing or preventing pregnancy or abortions | - Ruining credit score  
- Stealing money  
- Refusing to work or contribute to the household  
- Refusing to pay for necessities or shared expenses like food, clothing, transportation, medical care or medicine | - Sending or pressuring the victim into sending unwanted, explicit pictures or videos  
- Frequently looking through a victim’s phone to monitor pictures, texts and calls  
- Putting tracking devices into a victim’s email or personal accounts | - Threatening to report drug use  
- Threatening to have the victim declared incompetent  
- Filing orders of protection against the victim to make him/her look like the violent one | - Denying participation in the victim’s religious or spiritual community  
- Fearing spiritual loss or punishment if the victim leaves  
- Forcing the victim to participate in the offender’s religious practices |

Information adapted from The National Domestic Violence Hotline  
http://www.thehotline.org/is-this-abuse/abuse-defined/#tab-id-6