

Types of Abuse

Physical Abuse	Sexual Abuse	Emotional Abuse	Economic Abuse	Psychological Abuse
<p>Hitting, slapping, shoving, grabbing, pinching, biting, hair pulling, etc are all types of physical abuse. This type of abuse also includes denying a partner medical care or forcing alcohol and/or drug use upon him or her.</p>	<p>They are coercing or attempting to coerce any sexual contact or behavior without consent. Sexual abuse includes but is not limited to marital rape, attacks on sexual parts of the body, forcing sex after physical violence has occurred, or treating one in a sexually demeaning manner.</p>	<p>They are undermining an individual's sense of self-worth/self-esteem. This may include but is not limited to, constant criticism, diminishing one's abilities, name-calling, or damaging one's relationship with their children.</p>	<p>It is defined as making or attempting to make an individual financially dependent by maintaining total control over financial resources, withholding access to money, or forbidding one's attendance at school or employment.</p>	<p>This includes but is not limited to causing fear by intimidation; threatening physical harm to self, partner, children, or partner's family or friends; destruction of pets and property; and forcing isolation from family, friends, or school and work. This is closely related to emotional abuse.</p>
<p>Many oppressors use intimidation to control those around them. They do this by:</p> <ul style="list-style-type: none"> - <i>Making the victim afraid by using looks, actions, gestures, and even smashing things.</i> - <i>Destroying the victim's property.</i> - <i>Abusing pets.</i> - <i>Displaying weapons.</i> 		<p>Some ways it might show up are:</p> <ul style="list-style-type: none"> - <i>Putting the victim down.</i> - <i>Making the victim feel bad about themselves, calling the victim names.</i> - <i>Making the victim think they're crazy.</i> - <i>Playing mind games</i> - <i>Humiliating the victim</i> - <i>Making the victim feel guilty.</i> 	<p>It might look like:</p> <ul style="list-style-type: none"> - <i>Preventing the victim from getting or keeping a job.</i> - <i>Making the victim ask for money.</i> - <i>Giving the victim an allowance.</i> - <i>Taking the victim's money.</i> - <i>Not letting the victim know about or have access to family income.</i> 	<p>Many times, abusers will use isolation:</p> <ul style="list-style-type: none"> - <i>Controlling what the victim does, who the victim sees and talks to, what the victim reads, where the victim goes.</i> - <i>Limiting the victim's outside involvement.</i> - <i>Using jealousy to justify actions.</i>

Resources

Books	Organizations/Centers	Websites/Courses
<i>Is It Abuse?: A Biblical Guide to Identifying Domestic Abuse and Helping Victims</i> by Darby A. Strickland	Sexual and Domestic Violence Advocacy Coalition in Susquehanna County (Rachel Mercuri - rachelm@wrcnepa.org)	Men of Peace Course (https://chrismoles.podia.com/men-of-peace-coaching-course-coach-s-copy)
<i>Called To Peace: A Survivor's Guide to Finding Peace and Healing After Domestic Abuse</i> by Joy Forrest	GRACE Ministries: Godly Response to Abuse in the Christian Environment (netgrace.org)	"Controlling Abuse vs. Reactive Abuse" article (https://leslievernick.com/blog/controlling-abuse-verses-reactive-abuse/)
<i>When Home Hurts: A Guide for Responding Wisely to Domestic Abuse in Your Church</i> by Jeremy Pierre & Greg Wilson	National Domestic Violence Hotline 1.800.799.7233 or (Text START to 88788) National Sexual Assault Hotline 1.800.656.4673 National Child Abuse Hotline 1.800.222.4453	"Identifying Oppression in Marriages" PDF article (www.bridgewater.church/oppression)
<i>When to Walk Away: Finding Freedom From Toxic People</i> by Gary Thomas		
<i>The Emotionally Destructive Marriage: How to Find Your Voice and Reclaim Your Hope</i> by Leslie Vernick		
<i>The 10 Laws of Boundaries</i> by Dr. Henry Cloud & Dr. John Townsend		
<i>Rid of My Disgrace: Hope and Healing for Victims of Sexual Assault</i> by Justin S Holcomb & Lindsey A. Holcomb		