

Abusive practices checklist

Take a look at following checklist and have a think about...

- *Where you're at now i.e. what types of abusive practices are you engaging in?*
- *Where you want to be i.e. what types of behaviours would you like to be using instead of these behaviours?*
- *What you need to do to get there and make this happen?*

Being intimidating

- Using gestures, looks, actions to intimidate others
- Smashing things
- Destroying property
- Abusing pets
- Displaying weapons
- Using stand-over tactics
- Avoiding responsibility for what you have done
- Making light of abuse
- Not hearing/ignoring the concerns of others
- Denying abuse ever happened
- Shifting responsibility onto others
- Blaming other factors – alcohol, stress etc.

Using bullying and threats

- Making threats and/or carrying out threats to do something to hurt someone
- Threatening to leave
- Threatening to kill others
- Threatening to kill yourself
- Coercing others to drop charges
- Threatening punishments

Physical abuse

- Hitting, slapping, punching
- Pushing, shoving, tripping
- Shaking, choking, throttling
- Kicking, biting, burning, beating up
- Pulling hair, spanking
- Squeezing overly tightly, hurting deliberately
- Hitting with an object, using a weapon
- Throwing things at the person

Emotional abuse

- Calling a person names
- Criticising someone's appearance
- Suggesting the other person is useless, incompetent
- Calling others crazy, stupid
- Using guilt, being sarcastic
- Playing mind games
- Keeping important information secret
- Humiliating your partner or wife in front of others
- Refusing to discuss issues
- Ignoring, sulking, walking out, storming out

Male entitlement

- Treating women like servants
- Acting like 'master of the castle'
- Insisting on respect or treatment entitled to as a man
- Sticking to strict traditional male/female roles
- Forcing decisions and/or opinions onto others
- Making big decisions without consulting others
- Believing men are better decision makers

Victim Isolation

- Controlling what the other person does
- Controlling where they go
- Controlling who they see
- Controlling how long they spend anywhere
- Dictating where the family will live in i.e. moving to a remote isolated rural location
- Sabotaging the plans of others
- Being rude to the other person's friends
- Being rude about the other person's friends

Using children

- Using children to hurt, hassle
- Harassing over access and custody
- Using the children to relay messages
- Threatening to take the children away
- Making the other person feel guilty about the children

Sexual abuse

- Having sex when the other person doesn't want to
- Forcing sexual behaviour others don't like
- Harassing sexually: unwanted touching, making sexual jokes, forcing someone to watch or view pornography
- Withdrawing sexually
- Threatening to go elsewhere for sex

Being economically abusive

- Keeping control of the money
- Deciding on how money is used without consulting others
- Preventing a partner getting a job
- Forcing a partner to get a job
- Making a partner ask for money
- Forcing partner to attain and concede fraudulent benefit payments
- Being secretive or dishonest about expenses and income

Use of technology

- Monitoring calls/texts
- Checking computer and phone histories
- Sending abusive texts or emails
- Misuse of social networking sites
- Hacking online bank accounts
- Hacking personal accounts
- Installing spyware/keyware programmes to track others use of computer/internet