THREE CORE FORMS OF ABUSE & CONTROL

1. PHYSICAL

HITTING, SLAPPING CHOKING, INTIMIDATION, THREATS, DESTROYING PROPERTY, BRANDISHING WEAPONS, RESTRICTING MOVEMENT

2. EMOTIONAL

GASLIGHTING, CRITICISM, HUMILIATION, INSULTS, SHAMING, JEALOUSLY, POSSIVENESS, ISOLATION FROM FAMILY AND FRIENDS

3. FINANCIAL

RESTRICTING ACCESS TO MONEY, MONITORING SPENDING, SABOTAGING WORK, FORCED FINANCIAL DEPENDENCE

****PRO-TIP****

HAVE GOALS AND ASPIRATIONS THAT GIVE YOUR LIFE PURPOSE AND DIRECTION. ACHIEVING SMALL MILESTONES CAN BOOST YOUR SELF-ESTEEM AND SENSE OF ACCOMPLISHMENT.

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