



grabbing - punching - kicking

USING ECONOMIC ABUSE

Preventing you from getting or keeping a job making you ask for money - interfering with work or education - using your credit cards without permission - not working and requiring you to support them - keeping your name off joint assets

USING COERCION & THREATS

Making and/or carrying out threats to harm you - threatening to leave or commit suicide driving recklessly to frighten you - threatening to "out" you - threatening others who are important to you - stalking

USING INTIMIDATION

Making you afraid by using looks, gestures, or actions - smashing things - abusing pets - displaying weapons using looks, actions or gestures to reinforce homophobic or transphobic control

biting - twisting arm - tripping

USING EMOTIONAL ABUSE

Putting you down - making you feel bad about yourself - calling you names - playing mind games - making you feel guilty - humiliating you - questioning if you are a "real" lesbian "real" man or woman - reinforcing internalized homophobia or transphobia

choking - pulling hair - slapping

USING PRIVILEGE

Treating you like a servant - making all the big decisions - being the one to define each partner's roles or duties in the relationship - using privilege or the ability to "pass" to discredit you, put you in danger cut off access to your resources or use the system against you

USING CHILDREN

Making you feel guilty about the children - using children to relay messages - threatening to tell your ex-spouse or authorities that you are lesbian, gay, bi, or trans so they will take the children

DENYING, MINIMIZING, & BLAMING

Making light of the abuse - saying it didn't happen - shifting responsibility for the abusive behavior - blaming you or accusing you of "mutual abuse" - saying women can't abuse men/ men can't abuse men - saying it's just "fighting" not abuse

USING ISOLATION

Controlling what you do, who you see, or talk to - limiting your outside activities - using jealousy to control you - making you account for your whereabouts - saying no one will believe you, especially if you are lesbian, gay, bi, or trans - not letting you go anywhere alone

pushing - shoving - hitting