

## Center for Domestic Peace

# The 8 Types of Abuse: The PEEVSSSS

## Are you abused?

**Physical** abuse is done to you or done around you. Abuse to you includes hitting, restraining, blocking, spitting, squeezing, shaking, stalking, strangling, drowning or locking you out of your house. Abuse around you includes throwing, striking, breaking, or upsetting objects. It can also include killing pets to frighten you, and destroying clothing, jewelry, photos, or personal items that are important to you. The message this sends is that "You're next!"

**Emotional** abuse is deliberately withholding the 4 A's (Acceptance, Appreciation, Attention, & Affection) for the sole purpose of controlling or coercing you; putting you down. Calling you names, telling you that you are crazy or using mind games (such as denying previous abuse); draining or demeaning your spirit, will, and morale. Treating you as a servant, making all the "big" decisions and acting like the master of the castle. Isolating you by controlling what you do, who you see, talk to and where you go. Emotional abusers may use the children to make you feel guilty or visitation as a way of harassment. The "silent treatment", the "evil eye", "the look" are also forms of emotional abuse, displaying the wishes of negative or harmful things on you or displaying anger or hatred. They show that a person is on the verge of being violent.

**Economic** abuse occurs when your financial resources are controlled by another. It includes trying to keep you from getting or keeping a job, making you ask for money, giving you an allowance, taking your money, forbidding you to go to school, to work or to handle your own money. It includes refusing to work and forcing you to support the family, running up credit cards in your name and ruining your credit.

**Verbal** abusiveness **5 T's**: Threatening, Teasing & Taunting, "Thingifying", and Trivializing.

- To **threaten** is to use words that imply physical violence, such as "I'm gonna hurt you if you try that again!" or "You don't even wanna ask me questions like that."
- **Teasing** and **taunting** can start out playfully and evolve into abuse. It includes name-calling, jokes, sarcasm, and ostracism.
- **Thingifying** describes being called a name that makes you seem like an object. These can be profane words or insults such as "filthy", "lazy", "nasty", or "stupid". Thingifying makes it easier for violence to be committed, in the same way that it is easier for soldiers to kill an enemy with a nickname like "The Jerries", "The Krauts" or "Charlie".
- To **trivialize** makes you inferior such as: "You can't do anything right. You'll never get a job. You are unfit. Mimicking or imitating your tone of voice when you're angry. Repeating what you say as if you're too stupid to understand.

**Sexual** abuse is sexual behavior that crosses your boundary without your permission. It can be physical in nature, such as pressuring or forcing you to have sex when you don't want to or to do sexual things that you don't like. Rape. Sexual violence of a verbal nature is talking about sex when you don't want to or using sexual words or sexual name calling that you don't want to hear. Denying the use of contraception. Sexual violence of an emotional nature includes flirting with someone else in your presence, withholding sex and affection as punishment or threatening to have an affair. Sexual exploitation.

**Spiritual** abuse includes putting down your spiritual beliefs and customs, or denying practice of these, denying freedom to worship, ridiculing religion or destroying religious icons. It can also include using improper interpretation of spiritual doctrines to control you or other family members.

**Stalking/Cyber** abuse includes following you, public confrontation, appearing at your workplace or entering or remaining on your property, repeatedly contacting or threatening you by telephone, mail, e-mail, text message, or social networking; monitoring computer use or identity theft.

**Strangulation** is when pressure or squeezing is applied around the neck, cutting off blood vessels, and/or airflow, preventing oxygen from reaching the brain. It can occur with or without loss of consciousness and can result in death within a few minutes.