

DOMESTIC VIOLENCE



FAIRHAVEN POLICE DEPARTMENT
DOMESTIC VIOLENCE WARNING LIST

This list identifies a series of behaviors typically demonstrated by batterers and abusive people. All of these forms of abuse - psychological, economic, and physical - come from the batterer's desire for power and control. The list can help you recognize if you or someone you know is in a violent relationship. Check off those behaviors that apply to the relationship. The more checks on the page, the more dangerous the situation may be.

EMOTIONAL & ECONOMIC ATTACKS:

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| <input type="checkbox"/> Destructive Criticism/Verbal Abuse: Name calling; mocking; accusing; blaming; yelling; swearing; making humiliating remarks or gestures. | <input type="checkbox"/> Emotional Withholding: Not expressing feelings; not giving support, attention, or compliments; not respecting feelings, rights or opinions. |
| <input type="checkbox"/> Pressure Tactics: Rushing you to make decisions through "guilt-tripping" and other forms of intimidation; sulking; threatening to withhold money; manipulating the children; telling you what to do. | <input type="checkbox"/> Minimizing, Denying & Blaming: Making light of behavior and not taking your concerns about it seriously; saying the abuse didn't happen; shifting responsibility for abusive behavior; saying you caused it. |
| <input type="checkbox"/> Self-Destructive Behavior: Abusing drugs or alcohol; threatening suicide or other forms of self-harm; deliberately saying or doing things that will have negative consequences (e.g., telling off boss). | <p><u>Acts of Violence:</u></p> |
| <input type="checkbox"/> Isolation: Preventing or making it difficult for you to see friends or relatives; monitoring phone calls; telling you where you can and cannot go. | <input type="checkbox"/> Intimidation: Making angry or threatening gestures; use physical size to intimidate; standing in doorway during arguments; out shouting you; driving recklessly. |
| <input type="checkbox"/> Harassment: Making uninvited visits or calls; following you; checking up on you; embarrassing you in public; refusing to leave when asked. | <input type="checkbox"/> Destruction: Destroying your possessions (e.g., furniture); punching walls; throwing and/or breaking things. |
| <input type="checkbox"/> Abusing Authority: Always claiming to be right (insisting statements are "the truth"); telling you what to do; making big decisions; using "logic." | <input type="checkbox"/> Threats: Making and/or carrying out threats to hurt you or others. |
| <input type="checkbox"/> Disrespect: Interrupting; changing topics: not listening or responding; twisting your words; putting you down in front of other people; saying bad things about your friends and family. | <input type="checkbox"/> Sexual Violence: Degrading treatment based on your sex or sexual orientation; using force, threats or coercion to obtain sex or perform sexual acts. |
| <input type="checkbox"/> Abusing Trust: Lying; withholding information; cheating on you; being overly jealous. | <input type="checkbox"/> Physical Violence: Being violent to you, your children, household pets or others; Slapping; punching, grabbing; kicking; choking; pushing; biting; burning; stabbing; shooting; etc... |
| <input type="checkbox"/> Breaking Promises: Not following through on agreements; not taking a fair share of responsibility; refusing to help with child care or housework. | <input type="checkbox"/> Weapons: Use of weapons, keeping weapons around which frighten you; threatening or attempting to kill you or those you love. |