



EMPOWERING
SOUTH ASIAN
SURVIVORS
OF ABUSE

Power & Control Checklist

ECONOMIC ABUSE

- Preventing her from getting or keeping a job.
- Making her ask for money, giving her an allowance.
- Taking her money.
- Not allowing her to know about or have access to the family income or bank accounts.

INTIMIDATION

- Making her afraid by using looks, gestures, actions.
- Smashing things, destroying her property.
- Abusing pets.
- Displaying weapons.

COERCION & THREATS

- Making and/or carrying out threats to do something to harm her.
- Threatening to leave, commit suicide, or report her to welfare.
- Making her drop charges.
- Making her do illegal things.

EMOTIONAL ABUSE

- Putting her down, making her feel bad about herself.
- Calling her names, humiliating her.
- Making her think she's crazy, playing mind games.
- Making her feel guilty.

ISOLATION

- Controlling what she does, who she sees or talks to, what she reads, where she goes.
- Limiting your outside involvement.
- Using jealousy to justify actions.

MINIMIZING, DENYING & BLAMING

- Making light of the abuse and not taking her concerns about it seriously.
- Saying the abuse didn't happen.
- Shifting responsibility for abusive behavior, saying she caused it.

USING CHILDREN

- Making her feel guilty about the children.
- Using children to relay messages. Using visitation to harass her.
- Threatening to take the children away.

USING MALE PRIVILEGE

- Treating her like a servant. Making all the big decisions.
- Acting like the "master of the castle."
- Being the one to define men's and women's roles.