



Power & Control Checklist

- ECONOMIC ABUSE**
 - Preventing them from getting or keeping a job.
 - Making them ask for money, giving them an allowance.
 - Taking their money.
 - Not allowing them to know about or have access to the family income or bank accounts.
- INTIMIDATION**
 - Making them afraid by using looks, gestures, actions.
 - Smashing things, destroying their property.
 - Abusing pets.
 - Displaying weapons.
- COERCION & THREATS**
 - Making and/or carrying out threats to do something to harm them.
 - Threatening to leave, commit suicide, or report them to welfare.
 - Making them drop charges.
 - Making them do illegal things.
- EMOTIONAL ABUSE**
 - Putting them down, making them feel bad about themselves.
 - Calling them names, humiliating them.
 - Making them think they are crazy, playing mind games.
 - Making them feel guilty.
- ISOLATION**
 - Controlling what they do, who they see or talk to, what they read, where they go.
 - Limiting your outside involvement.
 - Using jealousy to justify actions.
- MINIMIZING, DENYING & BLAMING**
 - Making light of the abuse and not taking their concerns about it seriously.
 - Saying the abuse didn't happen.
 - Shifting responsibility for abusive behavior, saying they caused it.
- USING CHILDREN**
 - Making them feel guilty about the children.
 - Using children to relay messages. Using visitation to harass them.
 - Threatening to take the children away.
- USING MALE PRIVILEGE**
 - Treating them 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.