



Hope Recovery

Support for Survivors of Trauma

Forms of Abuse

Forms of Physical Abuse:

- Pushing
- Punching
- Burning
- Biting
- Slapping
- Kicking
- Destruction of property (throwing objects, punching walls, breaking things)
- Choking
- Using weapons – knives, guns, boards, baseball bats, etc.
- Homicide
- Suicide
- Harming of pets

Forms of Emotional Abuse:

- Ignoring
- Isolating
- Humiliating
- Neglecting
- Criticizing
- Intimidating (making angry or threatening gestures, standing in the doorway during arguments, driving recklessly, out-shouting the other person, use of physical size to intimidate)
- Mind games
- Disrespecting
- Embarrassing
- Making threats
- Overly Jealous
- Isolating

Forms of Verbal/Mental Abuse:

- Name-calling
- Yelling
- Making threats
- Insulting
- Blaming
- Making demands

Lying and cheating
Breaking promises
Harming of pets

Forms of Sexual Abuse:

Unwanted touching
Sexual name-calling
Inappropriate looks
Unfaithfulness
False accusations
Forced sex
Hurtful sex
Pressure to dress in a more "suggestive" way

Forms of Spiritual Abuse:

Refusing to provide spiritual care based on gender
Pushing for a victim to return or forgive a perpetrator
Using threats to maintain control
Dictation of basic decisions
Denying divorce when there are grounds for divorce
Pushing for sexual activity by the discussions taking place or control
The use of spiritual truths or biblical texts to cause shame or control
Manipulation of the leader to meet personal needs
Lying or shaming
Disrespectful of individuality of making decisions
Creating fear or confusion
Cultivating dependence on the leader

Forms of Ritualized Abuse:

Repetitive abuse, usually over a long period of time that may include any of the following
Restraint and/or confinement
Sleep deprivation repeatedly
Denying food and/or water
Torture of many forms
Threats of harm individual or others they love
Confusion with reality and creating confusion
Emotional, physical, mental and sexual abuse
Cult-like behavior, or cult induction