

## PEEVSS: The Types of Abuse

**Physical:** Abuse to you or abuse that is done around you. Hitting, restraining, blocking, spitting, squeezing, shaking, strangling, stalking, drowning or locking you out of your house. Throwing, striking, breaking, or upsetting objects. Killing pets to frighten you, Destroying clothing, jewelry, photos, or personal items that are important to you.

**Emotional:** Putting you down, calling you names, telling you that you are crazy or using mind games or manipulations. Treating you as a servant. Making all the "big" decisions and acting like the master of the castle. Controlling what you do, who you see, who you talk to and where you go. The "silent treatment", the "evil eye", or "the look."

**Economic:** Controlling your financial resources. Keeping you from getting or keeping a job, making you ask for money, giving you an allowance, taking your money, or forbidding you to work or handle your own money.

**Verbal:** Threatening, teasing, taunting, "thingifying", and trivializing. To threaten verbally is to use words that imply physical violence will be done to you or the children. 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." To trivialize is to use words that imply that you are inferior such as: "You can't do anything right. You'll never get a job. You are unfit. Who'd want you?"

**Sexual:** 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. Sexual violence of a verbal nature is talking about sex when you don't want to or using sexual words that you don't want to hear. Sexual violence of an emotional nature includes flirting with someone else in your presence, or threatening to have an affair.

**Spiritual:** When someone behaves in such a way that your spirit, will or morale is drained and even demeaned. Mocking your spiritual beliefs and customs or denying practice of these. Using improper interpretation of spiritual doctrines to control you or family members.