

A black and white photograph of a woman in profile, looking out of a window. Her hand is pressed against the glass. The lighting is dramatic, with strong highlights and deep shadows. The background is a textured wall.

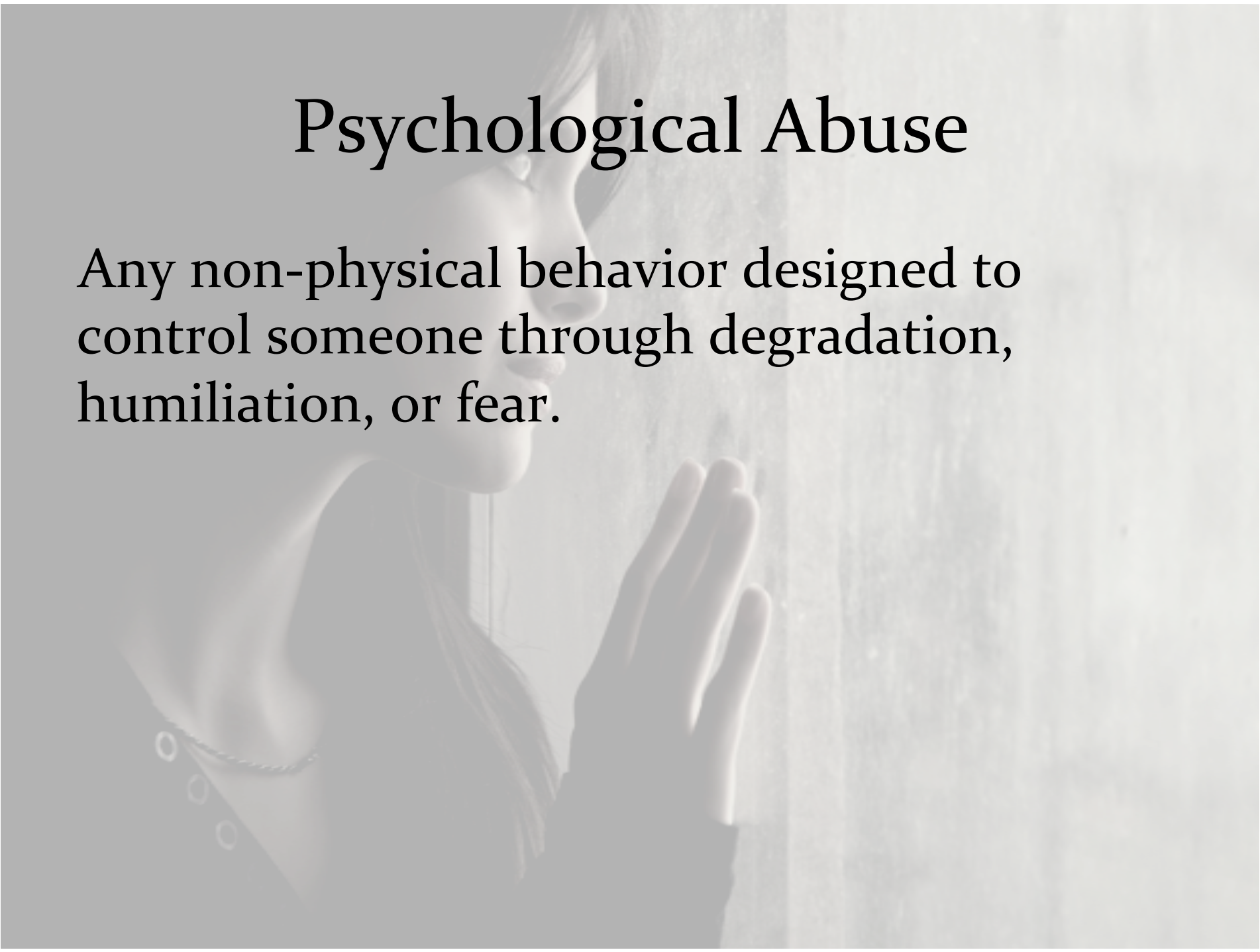
the Refuge

Patterns of
Abuse

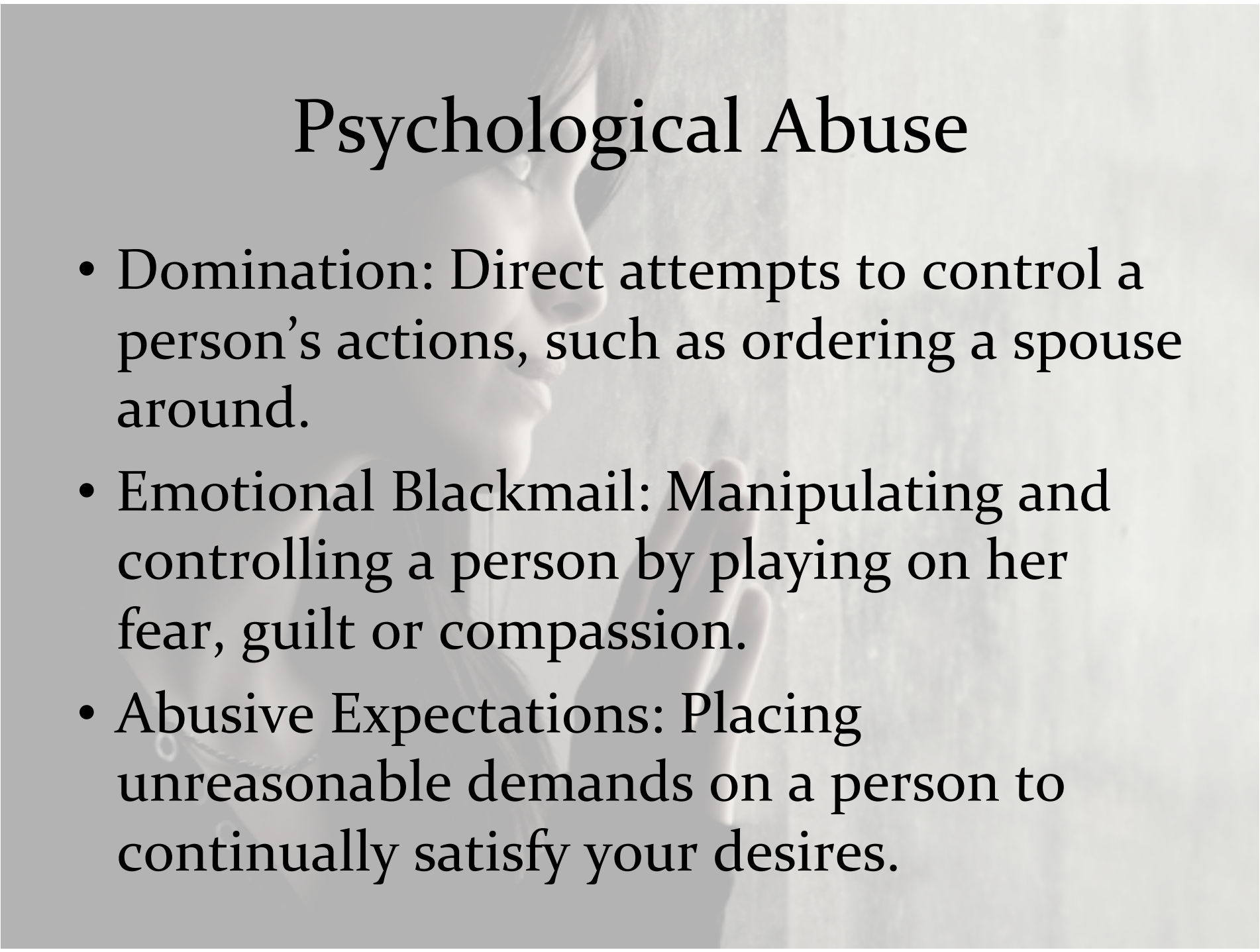


Domestic Abuse: A form of oppression in which a person uses certain ***behavior patterns*** to control their intimate partner.

Psychological Abuse



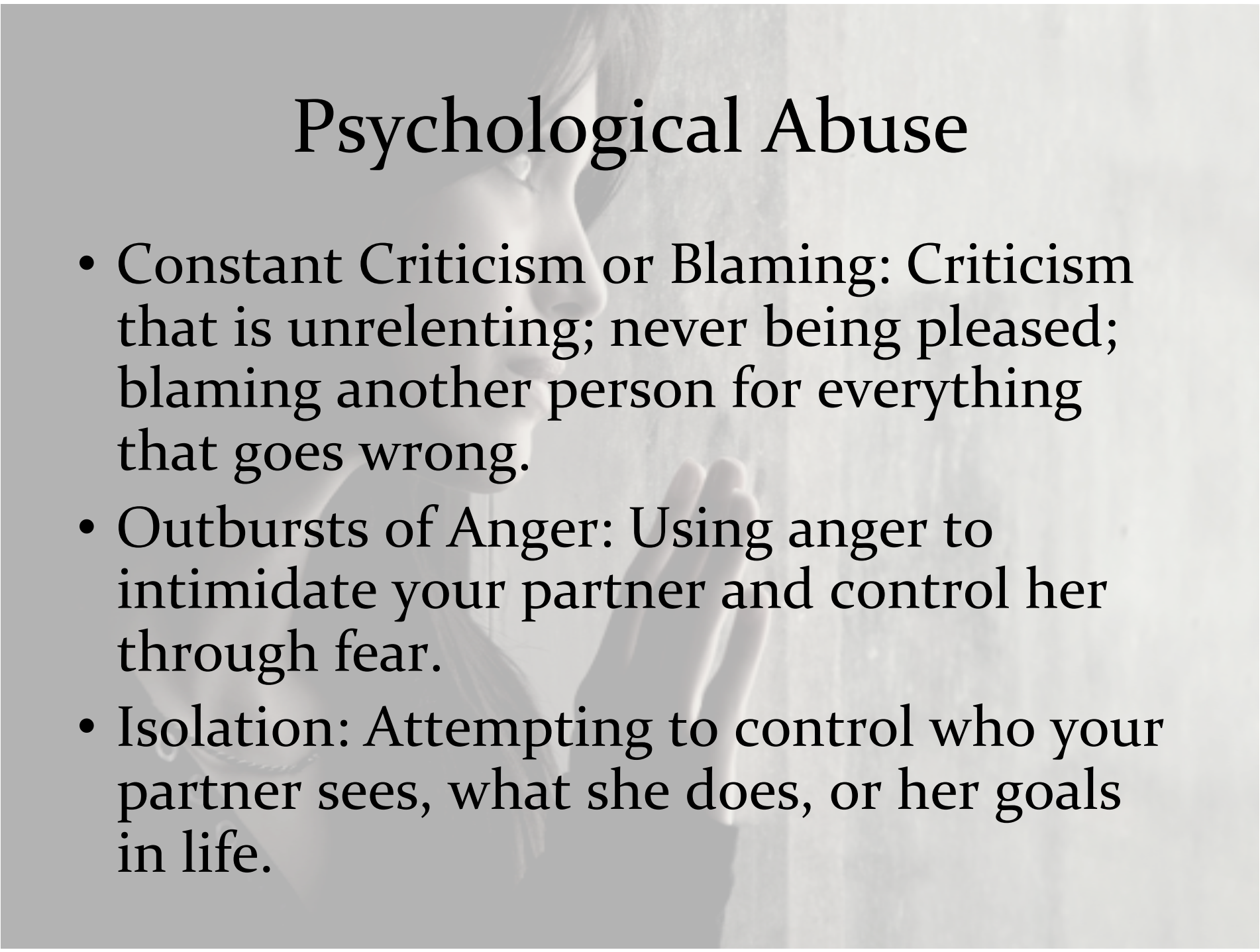
Any non-physical behavior designed to control someone through degradation, humiliation, or fear.



Psychological Abuse

- Domination: Direct attempts to control a person's actions, such as ordering a spouse around.
- Emotional Blackmail: Manipulating and controlling a person by playing on her fear, guilt or compassion.
- Abusive Expectations: Placing unreasonable demands on a person to continually satisfy your desires.

Psychological Abuse



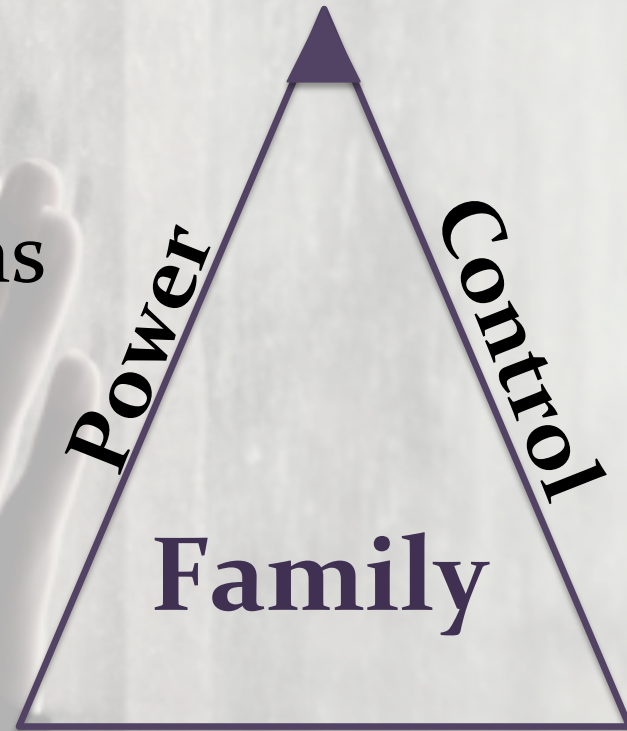
- Constant Criticism or Blaming: Criticism that is unrelenting; never being pleased; blaming another person for everything that goes wrong.
- Outbursts of Anger: Using anger to intimidate your partner and control her through fear.
- Isolation: Attempting to control who your partner sees, what she does, or her goals in life.

Psychological Abuse

- Crazy Making: Causing a person to doubt her perception of reality.
- Devaluing Thoughts and Feelings
- Insulting and Demeaning
- Intimidation: Controlling a person through the threat of physical harm.
- Jealousy: Suspecting your partner of unfaithfulness, or vigilantly governing her exposure to or interaction with the opposite sex.

Psychological Abuse

- Minimizing or Belittling Accomplishments
- Slandering to Others
- Withholding Affection
- Using Children as Pawns
- Accusing Her of Being Controlling



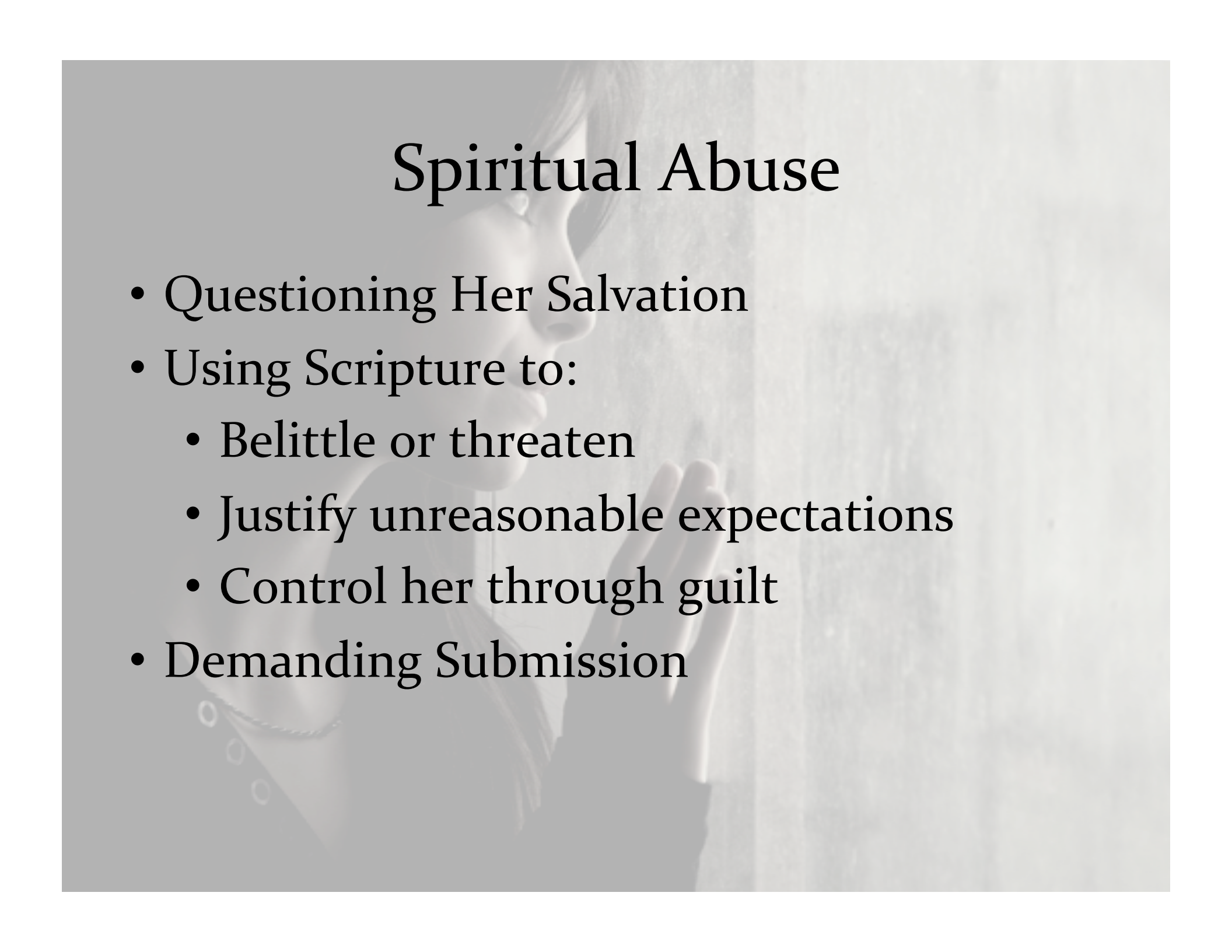
Psychological Abuse

- Abusive Responses to Confrontation:
 - Minimize: The abuser makes his behavior sound much less abusive than it actually was.
 - Deny: The abuser claims that his partner's account of an abusive incident is somehow untrue.
 - Blame-Shift: The abuser blames his partner for his behavior, or shifts the focus of the conversation away from his behavior and toward hers.

Spiritual Abuse

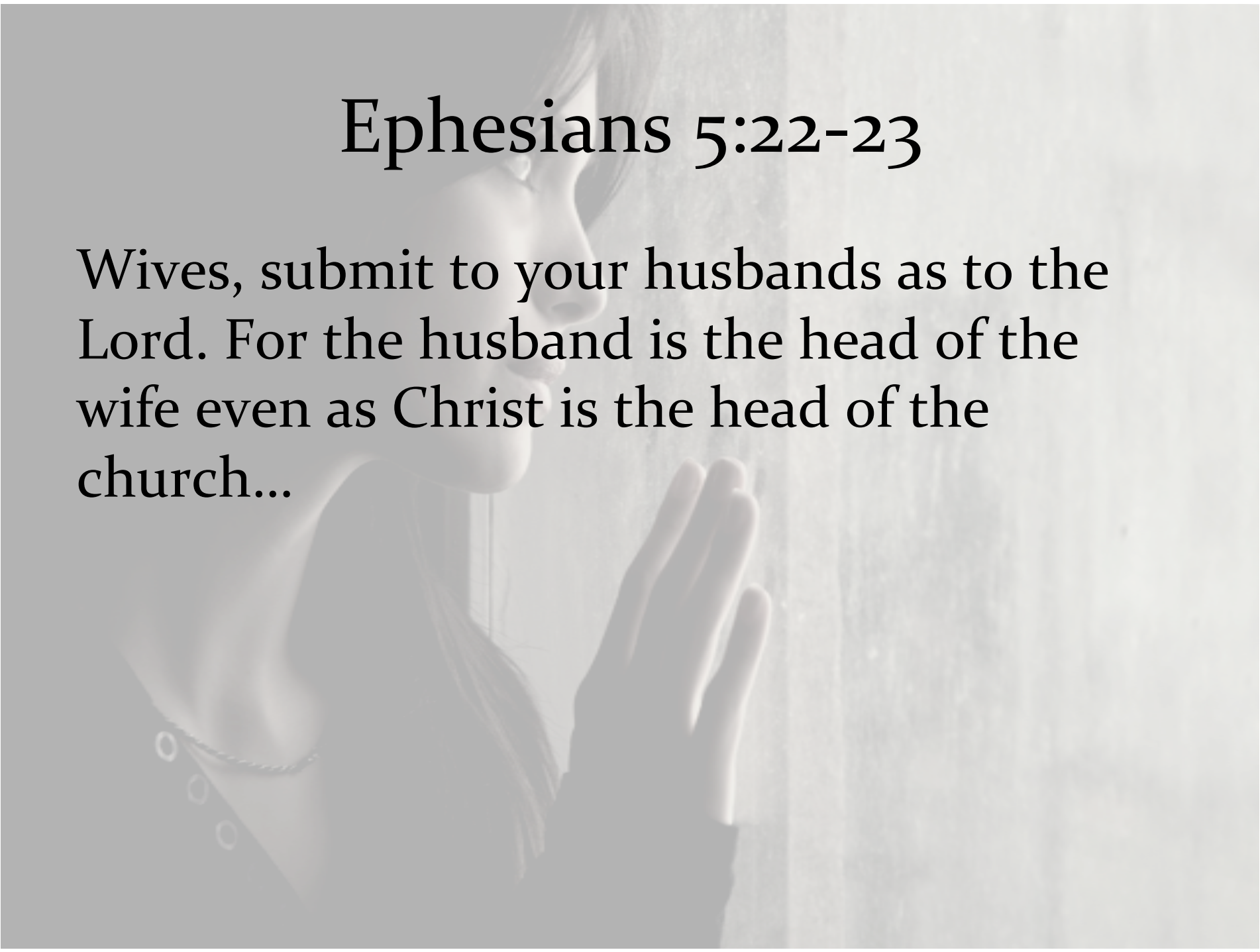
An attempt to use a person's faith to manipulate and control them.





Spiritual Abuse

- Questioning Her Salvation
- Using Scripture to:
 - Belittle or threaten
 - Justify unreasonable expectations
 - Control her through guilt
- Demanding Submission

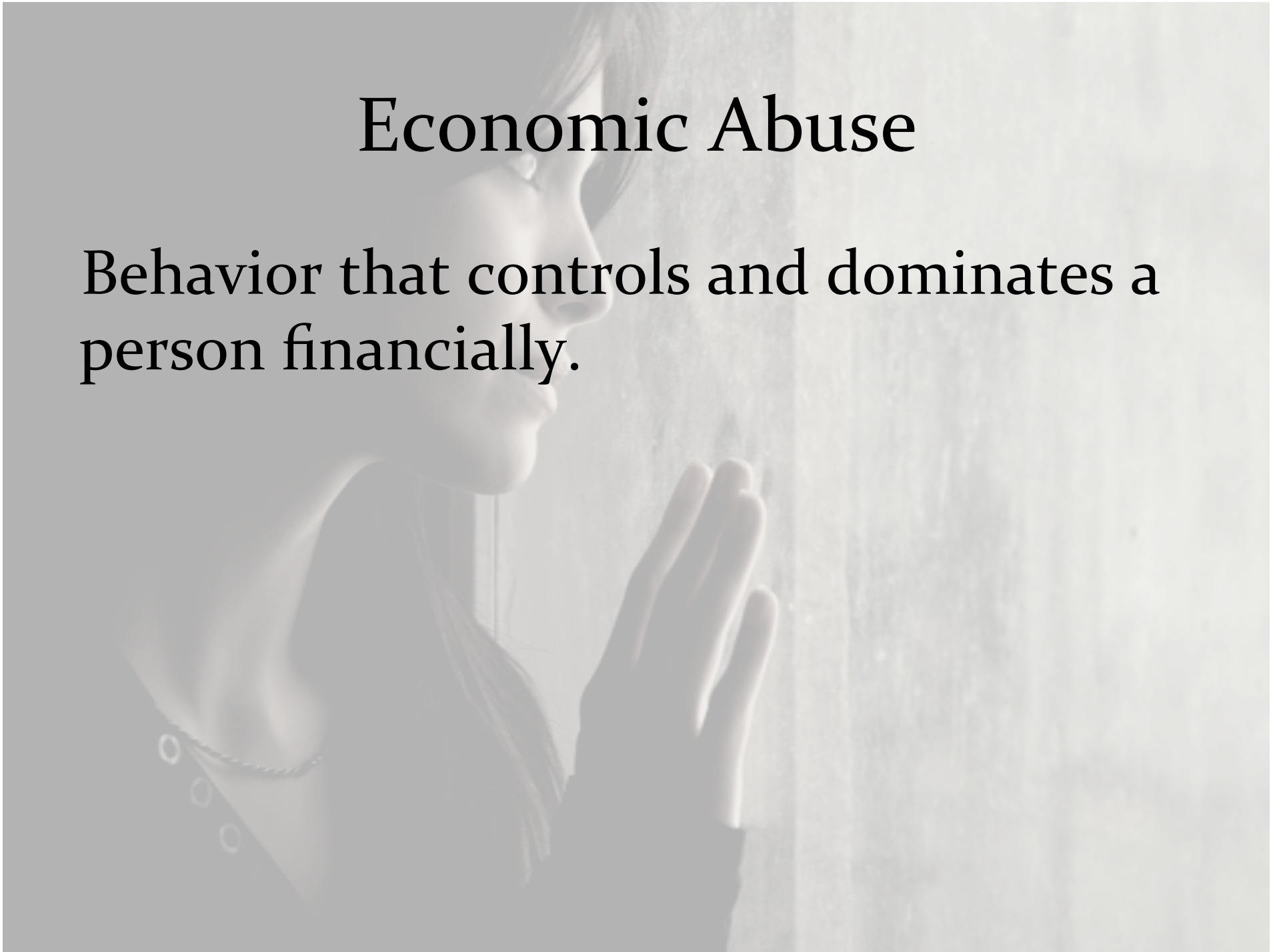
A grayscale photograph of a woman in profile, facing right. She has long, dark hair and is wearing a dark top with a necklace featuring several small, round pendants. Her right hand is raised, with fingers spread, in a gesture of prayer or devotion. The background is a light, textured surface, possibly a wall or a curtain. The overall mood is serene and spiritual.

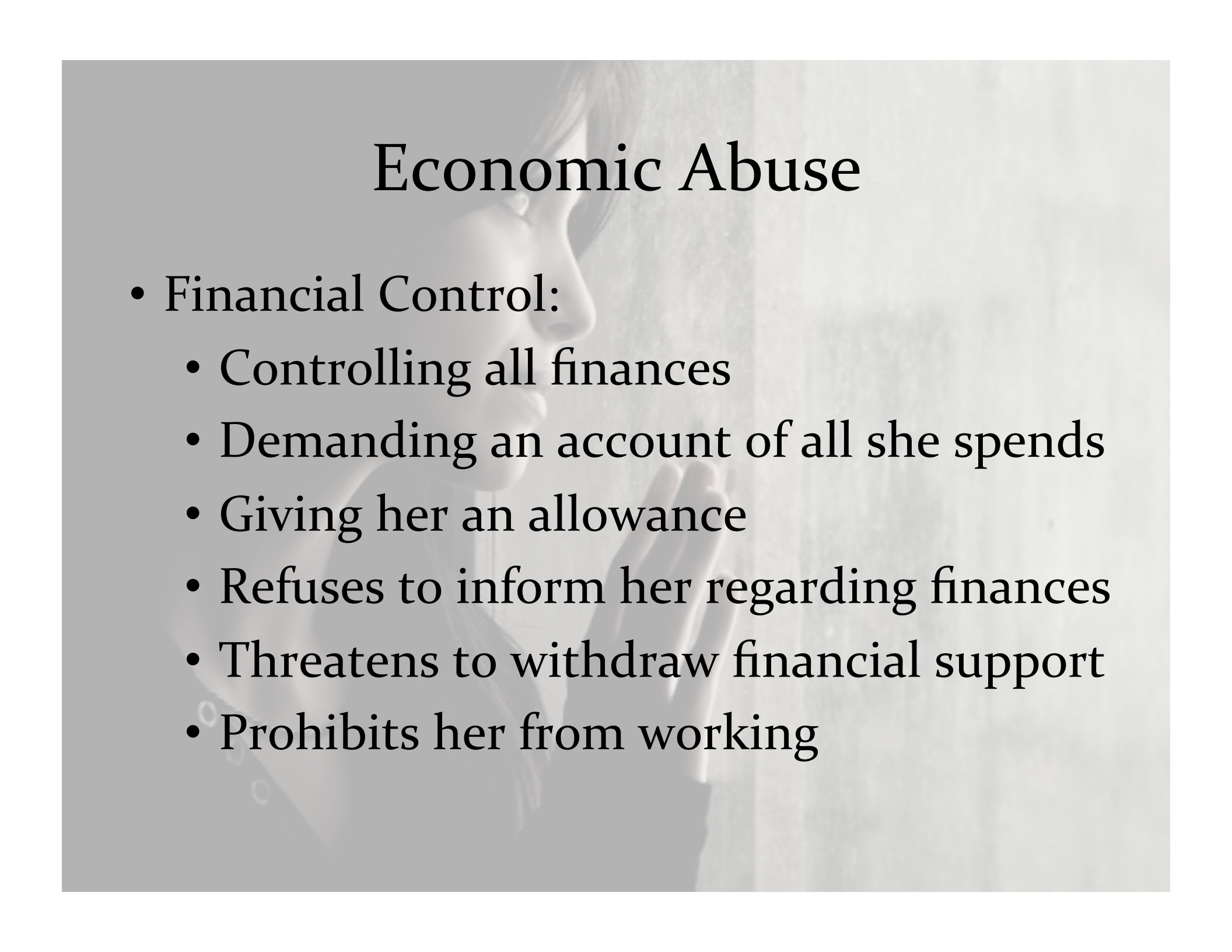
Ephesians 5:22-23

Wives, submit to your husbands as to the Lord. For the husband is the head of the wife even as Christ is the head of the church...

Economic Abuse

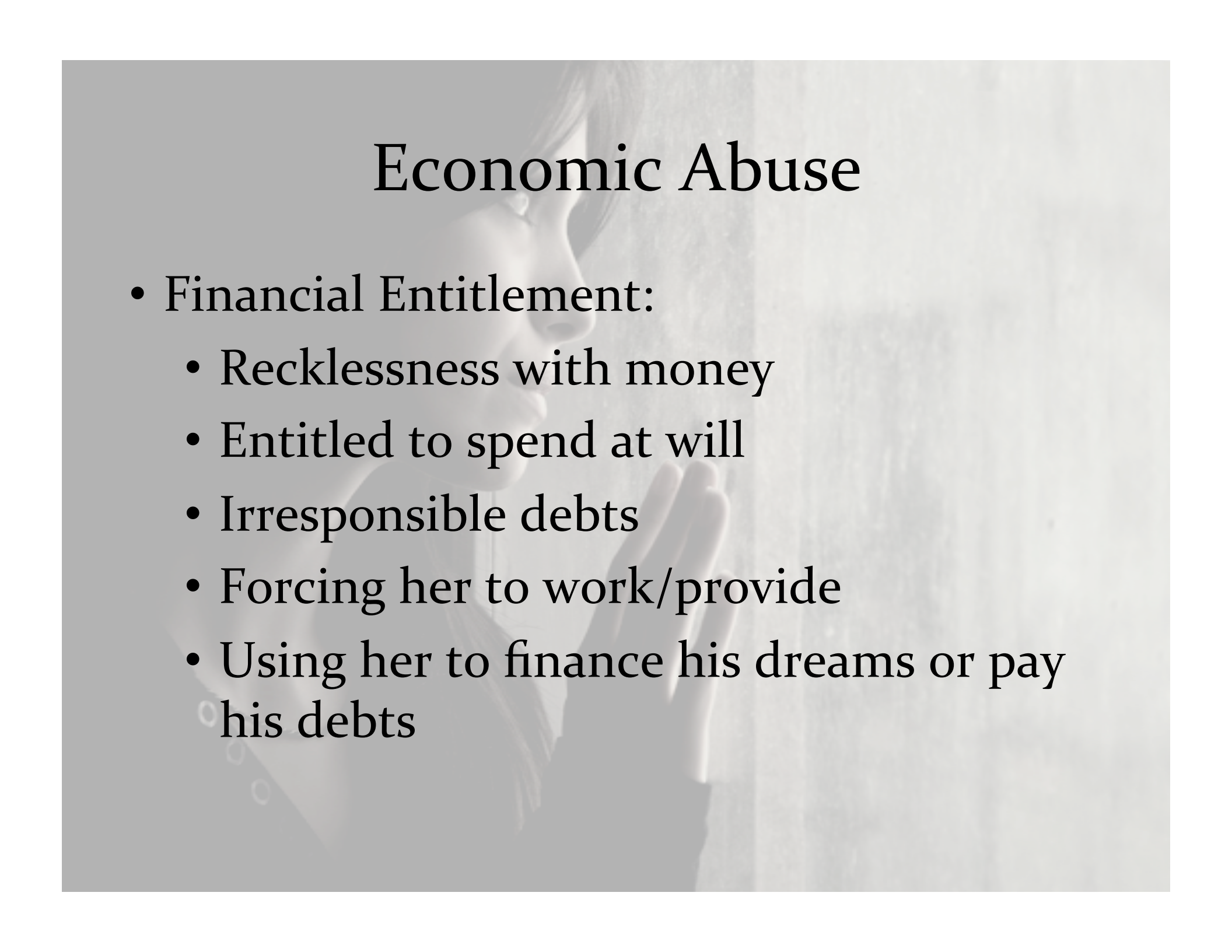
Behavior that controls and dominates a person financially.





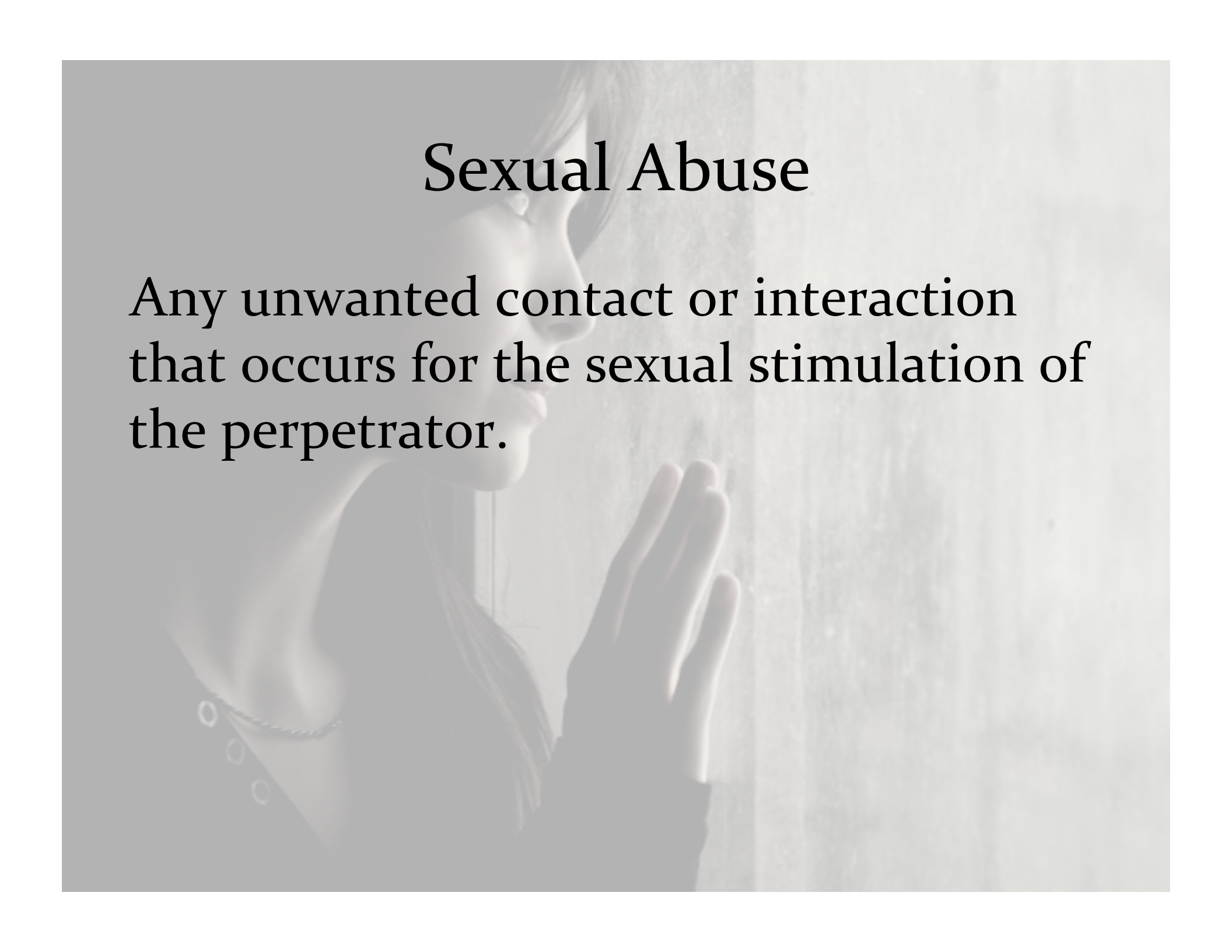
Economic Abuse

- Financial Control:
 - Controlling all finances
 - Demanding an account of all she spends
 - Giving her an allowance
 - Refuses to inform her regarding finances
 - Threatens to withdraw financial support
 - Prohibits her from working



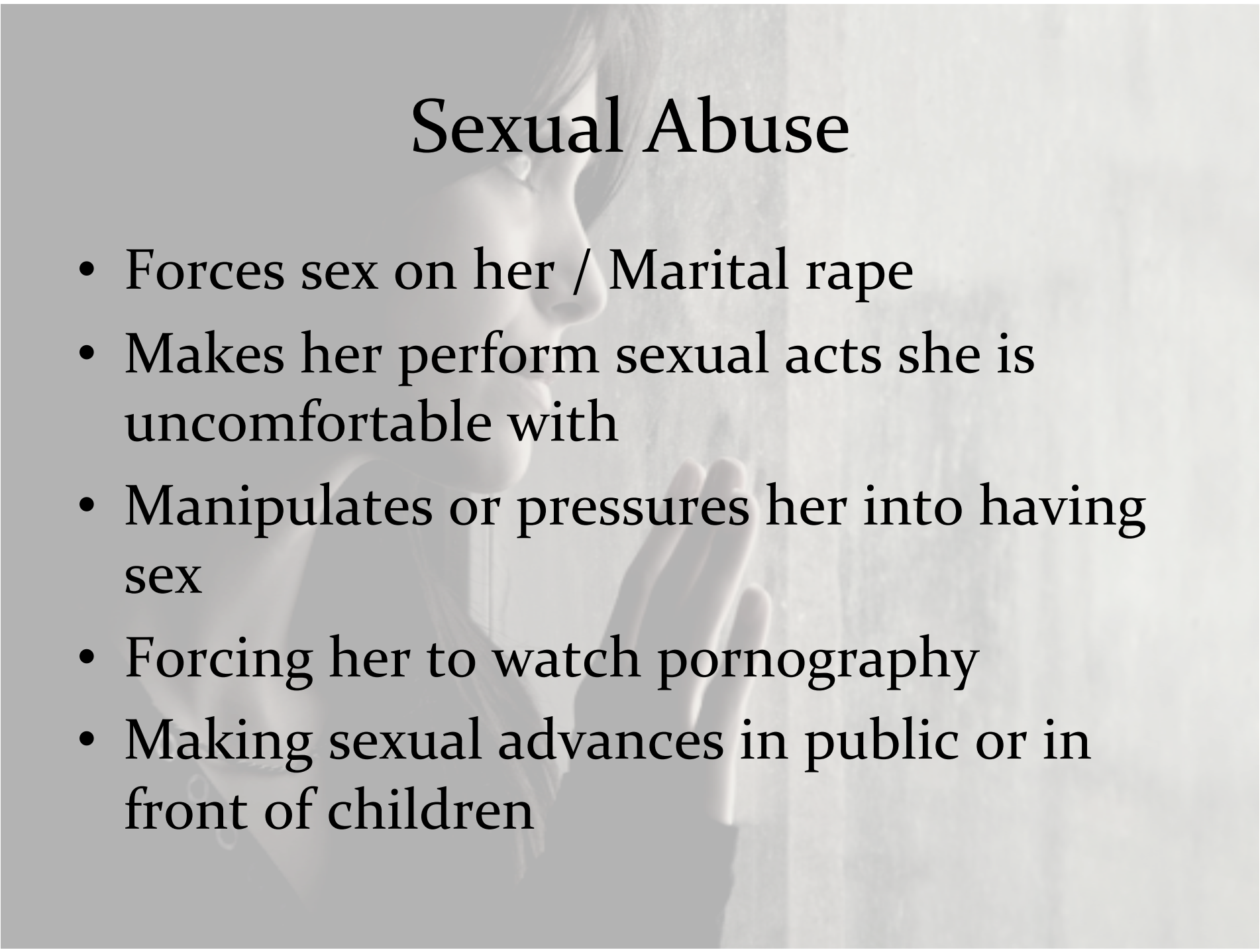
Economic Abuse

- Financial Entitlement:
 - Recklessness with money
 - Entitled to spend at will
 - Irresponsible debts
 - Forcing her to work/provide
 - Using her to finance his dreams or pay his debts



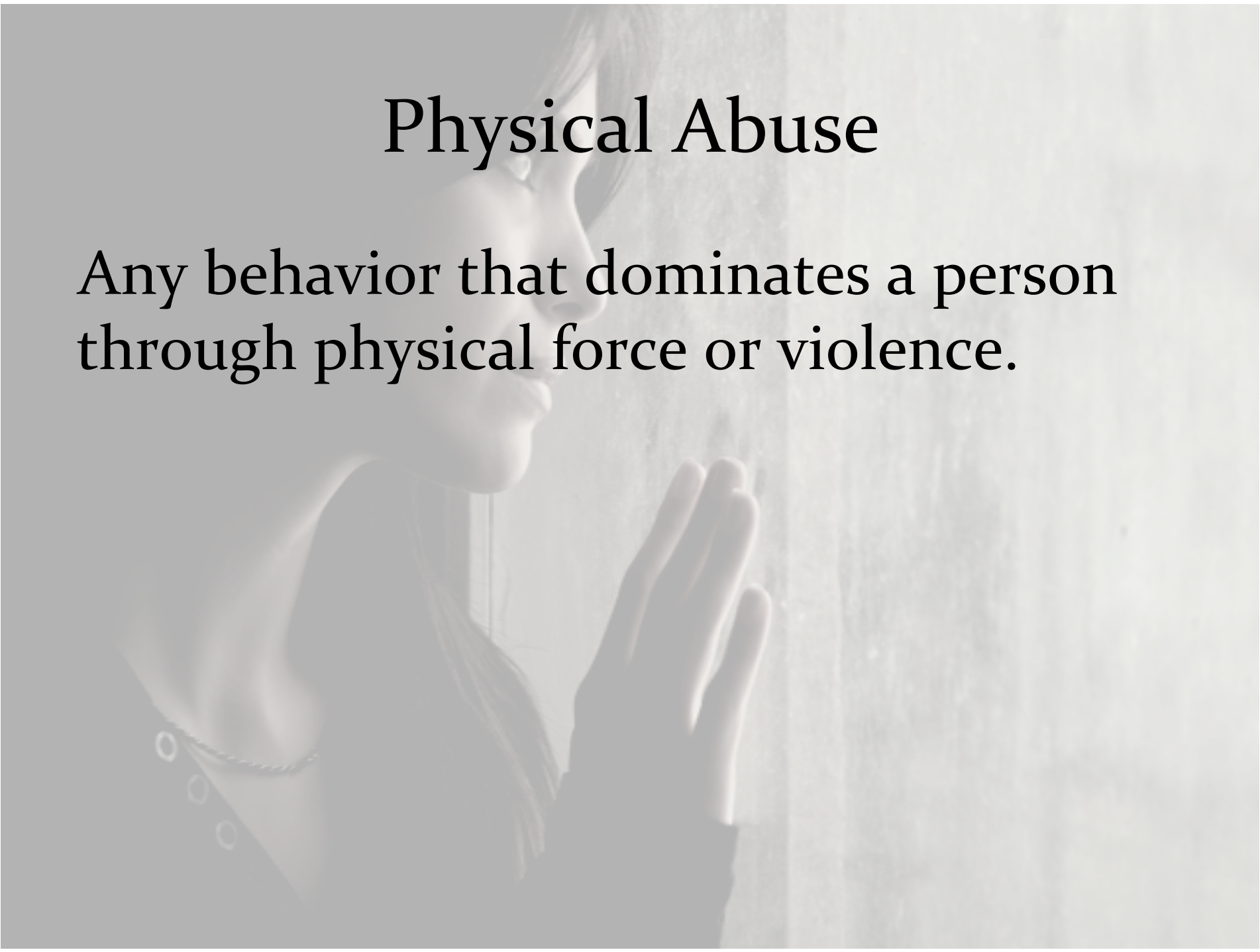
Sexual Abuse

Any unwanted contact or interaction that occurs for the sexual stimulation of the perpetrator.



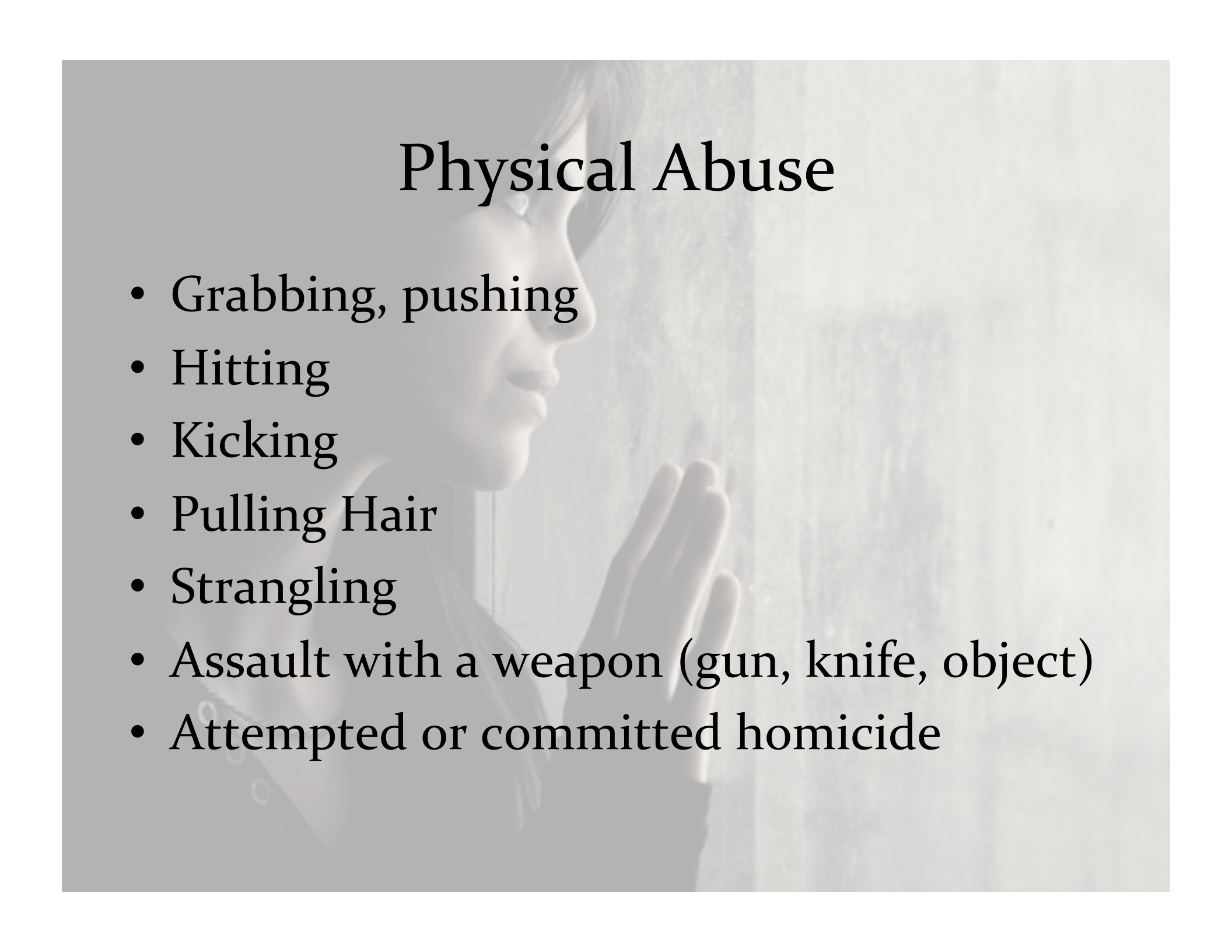
Sexual Abuse

- Forces sex on her / Marital rape
- Makes her perform sexual acts she is uncomfortable with
- Manipulates or pressures her into having sex
- Forcing her to watch pornography
- Making sexual advances in public or in front of children



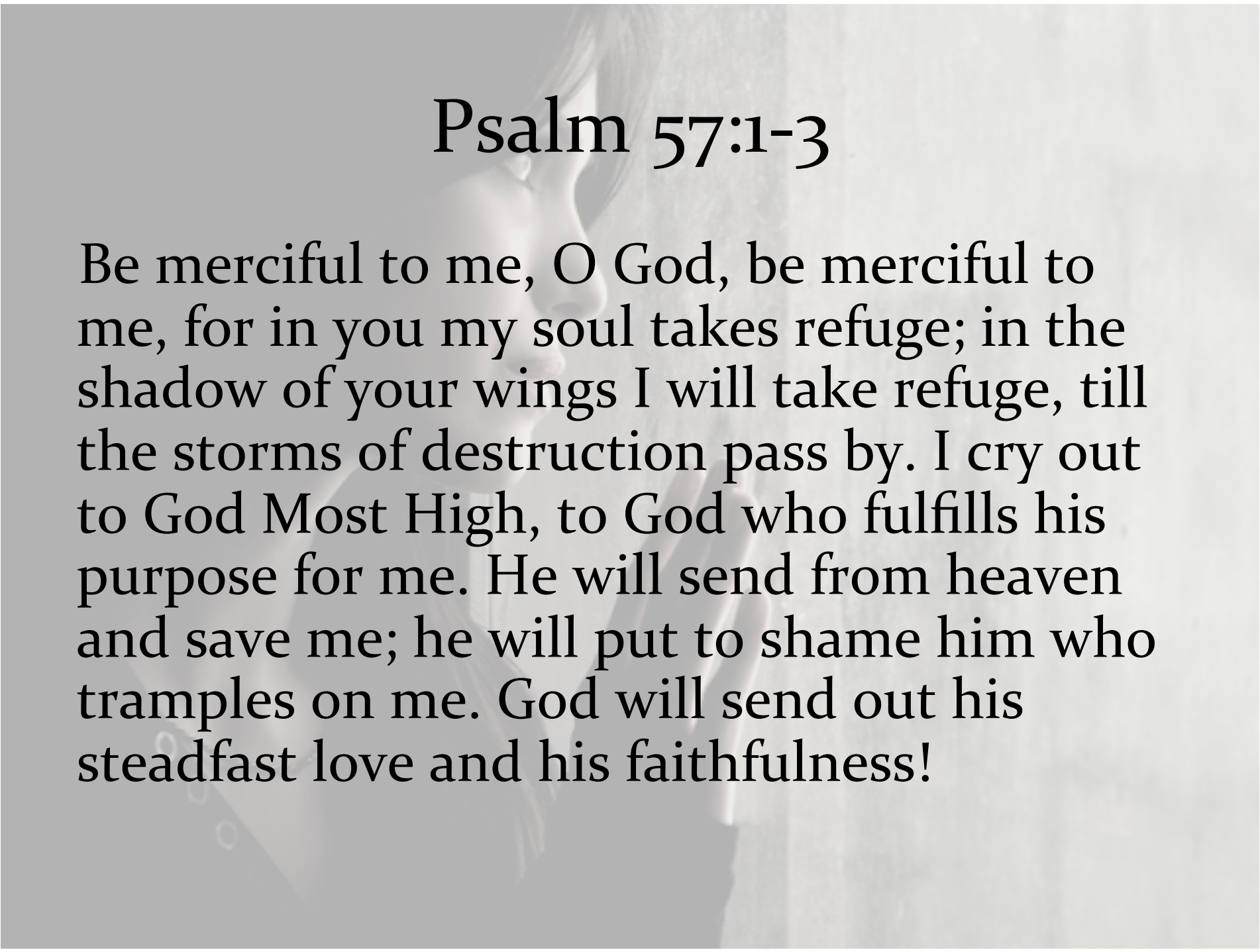
Physical Abuse

Any behavior that dominates a person through physical force or violence.



Physical Abuse

- Grabbing, pushing
- Hitting
- Kicking
- Pulling Hair
- Strangling
- Assault with a weapon (gun, knife, object)
- Attempted or committed homicide



Psalm 57:1-3

Be merciful to me, O God, be merciful to me, for in you my soul takes refuge; in the shadow of your wings I will take refuge, till the storms of destruction pass by. I cry out to God Most High, to God who fulfills his purpose for me. He will send from heaven and save me; he will put to shame him who tramples on me. God will send out his steadfast love and his faithfulness!