

# Family Counseling of Springfield



**Have you been abused?** Has your intimate partner done any of these things to you?

## **PHYSICAL ABUSE**

- pushed or shoved you
- held you to keep you from leaving
- slapped or bit you
- kicked, choked, hit, or punched you
- locked you out of the house
- abandoned you in a dangerous place
- threatened or hurt you with a weapon
- refused to help you when you were sick, injured, or pregnant
- subjected you to reckless driving
- forced you off the road or kept you from driving
- raped you

## **SEXUAL ABUSE**

- told anti-woman jokes or made demeaning remarks about women
- treated women as sex objects
- been jealously angry, assuming you would have sex with any available person
- insisted you dress in a more sexual way than you wanted
- minimized the importance of your feelings about sex
- criticized your sexuality
- insisted on unwanted and uncomfortable touching
- withheld sex and affection
- called you derogatory sexual names like "whore" or "frigid"
- forced you to strip when you didn't want to
- publicly showed sexual interest in other people
- had affairs with others after agreeing to a monogamous relationship
- forced you to have unwanted sex with others or forced you to watch others
- forced particular unwanted sexual acts
- forced sex after beating, when you were sick or it was dangerous to your health
- forced sex for the purpose of hurting you with objects or weapons
- committed sadistic sexual acts

## **PSYCHOLOGICAL/EMOTIONAL ABUSE**

- ignored your feelings
- ridiculed or insulted women as a group
- ridiculed or insulted your most valued beliefs, your religion, race, or heritage
- withheld approval, appreciation, or affection as punishment
- continually criticized you, called you names, shouted at you
- insulted or drove away your friends or family
- humiliated you in public or private
- refused to socialize with you
- kept you from working, controlled your money, made all decisions
- refused to work or share money
- took car keys or money away
- regularly threatened to leave or told you to leave
- threatened to kidnap the children if you left
- abused pets to hurt you
- told you about affairs in which the batterer has been engaged
- harassed you about affairs the batterer imagined you were having
- manipulated you with lies and contradictions

**For more information, contact  
FAMILY COUNSELING OF SPRINGFIELD---703-569-1300**