



VIOLENCE IS THE USE OF

PHYSICAL

EMOTIONAL

SEXUAL

INTELLECTUAL

SPIRITUAL

ECONOMIC and/or PROPERTY

force, manipulation or destruction in an effort to control another person, situation or our own behavior. It is the violation of any of the above personal boundaries in an effort to create the illusion of control or power over another person, situation or ourselves.

Physical violence often results in a law enforcement/criminal justice response. That response results in a “Victim and Offender” stance for the participants and each must have appropriate and swift consequences or assistance as necessary.

The other forms of violence above are also very damaging and abusive. They are however more difficult to identify to a specific person’s participation, and both participants need to address their respective responsibilities for making changes and living free from all forms of violence.

Providing advocacy, justice, healing, and safety for adults and their children who are affected by family violence, sexual assault or homelessness in West Yavapai County since 1980.

24/7/365 HelpLine: 928.445.4673 (445-HOPE)



ABUSE COMES IN MANY FORMS

Physical Violence –

The use of force/manipulation to control another person or situation

Shooting	Stabbing	Slapping
Kicking	Pinching	Forcibly holding
Burning	Thumping	Pushing
Pulling Hair	Throwing you	Scratching
Poking	Jabbing	Cutting
Punching	Choking	

Emotional/Psychological Abuse –

Controlling a person with threats of harm, punishment or withdrawal

Name calling	Humiliating you	Discounting/ignoring
Threatening you	Harassing you	Dual personality
Drinking/drugging	Locking you in room/house	Leaving/Disappearing
Lying to you	Silent treatment	Reckless driving
Tells lies about you	Abusive to animals	

Sexual Abuse

Rape	Promiscuity/Infidelity	Withholding sex
Abuse of Children	Unwanted sexual practice	Accusations of promiscuity

Economic Abuse

Withholding money	Lying about assets	Ruining your credit
Stealing your money	Overspending	Destroying your possessions
Selling property		

*Abuse is never a single incident; therefore there are no simple answers.
It is a learned behavior throughout life.*

WHY DOESN'T SHE / HE LEAVE?

- Catastrophic loss
- Fear of change
- Isolation
- Religion
- Fear of retaliation
- Loneliness
- Shame/guilt, failure
- No marketable skills
- Economic Dependency
- Cultural Influences
- Social Image/Stigma
- Low self-esteem
- For the children
- Love
- No Knowledge of Resources
- Family not supportive
- No energy, all energy spent on trying to fix things
- Men have different social biases/judgements from others

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