

6 Types of Abuse

Physical abuse:

Standing over you, getting "in your face," blocking a doorway, grabbing you if you try to leave, kicking, punching, biting, slapping, choking, threatening to harm you, using weapons, throwing things, breaking things, punching walls or doors, driving recklessly, burning, cutting, pulling hair, stabbing, strangling, tying or confining you, preventing you from seeking medical care.

Mental abuse:

Playing mind games with you, twisting everything around- nothing is their fault and all of their behavior was caused by something you did or didn't do, accusing you of doing things that they are doing, lying, manipulating you for control or sex, claiming that you are always wrong, distorting reality so you think you are losing your mind.

Economic abuse:

Withholding money, opening up a joint account but you don't have access, forcing you to leave your job, shaming you for how you spend your money, not allowing you to work or get an education, putting all the bills/credit cards in your name, preventing you from using a car.

Verbal abuse:

Yelling, shouting, swearing, continuously arguing, interrupting, talking over you, put downs, using loud and threatening language and tone to cause fear, name calling, intimidating you, mocking you, abusive language.

Sexual abuse:

Rape, unwanted sexual touching, vulgar comments, pressure for sex, forcing you to use or not use birth control, forcing you to get pregnant or to have an abortion, forcing you to have sex with other people or to watch your partner have sex with someone else, forcing you to use or participate in pornography.

Emotional Abuse:

Insults, put downs, intimidating you, embarrassing you in public, talking down to you, not listening to your point of view, not respecting your feelings, making threats to hurt people, pets, or belongings that you love, being jealous or possessive, wanting to control you, excessive texting, threatening texts, wanting access to your phone messages or email, spying on you or checking up on you through friends, accusations of cheating, making you feel like you need to justify yourself, giving you no privacy.

*If you or someone
you know might
be in an abusive
relationship, Project
PAVE can help.*

*For support contact
Project PAVE at
303-322-2382*

The Cycle of Violence



#1 Tension Building Phase

The abuse from the partner becomes more intense and explosive. They are easily "set off".

The abused person becomes careful not to "rock the boat".

They Try to keep the peace, usually withdraws from friends and family and can become severely depressed.

#2 The Explosion Phase

The tension phase ends with a violent episode.

This is usually done by physically or sexually attacking their partner

The Abusive partner can no longer control their anger and lets it take over.

#3 The Honeymoon Phase

This is the phase that keeps the couple together.

The abusive partner is usually apologetic, and acts romantic and passionate.

Promises are made, excuses are made, and the abusive partner is very convincing.

The violence is interpreted as a misunderstanding and won't happen again...until the tension builds again.

****Each situation is different. The Cycle of Violence depicts a pattern often experienced in abusive relationships. The three phases repeat over and over. Usually, the more it repeats the worse the explosion phase becomes.**

Domestic/Dating violence is a pattern of abuse in an intimate relationships that escalates over time.

Denial, love, fear and hope may keep the victim in the cycle. (For more info or to get help visit loveisrespect.org.)