**Emotions**

One person uses put downs and humiliation in an effort to make the other person feel worthless

**Money**

One person controls all the money, prevents the other from getting (or keeping) a job, puts the other on an allowance

**Threats**

One person smashes things, shows weapons, threatens to leave, threatens to commit suicide, threatens physical harm

Controlling

Responsible

Obsessive

Convincing

Charismatic

**Intimidation**

One person makes the other know he/she is always present by “running into” the other, calling or texting several times a day, and/or being clingy. One person uses angry looks, abuses pets, destroys the other’s property

**Isolation**

One person does not want the other to be around family or friends (shows this by either requesting the other person cancel, reduce, or avoid time with friends and family or by monopolizing the other person’s time)

**Blame**

One person convinces the other he/she deserved it or caused it. One person downplays the abuse to the other to make the other feel he/she is over-reacting. One person dodges accusations of abuse by refocusing conversations to the other person’s faults.

Attentive

Hovering

Cruel

Violent

Angry

Clingy

**Abusive**

Sensitive

Narcissistic

Manipulative

Intimidating

**Signs of Controlling Behavior**

**(Abusive Behavior)**

Jealous

Resentful

Condescending

**Questions:**

1. Read through each of the adjective on the arrows. These are some adjectives commonly used to describe someone who is abusive, but some of them are also common for someone who is not abusive.
   1. Why do you think it can be problematic to generalize an individual with a single adjective, rather than look at the context, or specific actions committed?
2. Scenario: Jenny tells Corynne that her boyfriend calls her once every half hour all day long. Corynne responds by says “That’s so sweet. He must love you so much, he can’t stand being away from you.”
   1. How is Corynne’s seemingly supportive comment damaging to Jenny?
   2. If Corynne said “That’s unacceptable! Can’t he give you some space?!?”, how could this be damaging to Jenny?
   3. What do you think Corynne should say, after hearing Jenny say her boyfriend calls every half hour?
3. These 6 types of control exist together. Although they may not all start at the same time, if there is no form intervention, they will, all become active at some point in time. Why do you think it is important to be aware of these 6 forms of control?
4. Scenario: Christine comes home to find her husband getting ready to go out. Christine says to her husband, “I hope you’re not going to see those loser friends of yours. Wouldn’t you rather go to dinner with me? You really should go to show me how much you love me. I’ve been very patient since you lost your job, and if it weren’t for me, you’d be living on the street.”
   1. What types of control are present in this scenario?
   2. Why do you think Christine’s husband doesn’t leave?
   3. Christine says he’d be living on the street without her, but she also mentions he has friends. What is Christine doing to make her husband feel he can’t just go live with his friends for awhile?
5. Most often there are many, many abusive behaviors and only a very small handful of positive actions, such as compliments. Why do you think the person who is experiencing the abusive behaviors doesn’t find the imbalance unacceptable? (note: no amount of abusive behavior is acceptable)
6. Scenario: Jason comes home from school and sees his mother sitting in a chair, waiting for him. His mother says, “The school called to tell me you aren’t doing your homework. You are just as stupid and pathetic as your father. You are never going to amount to anything, just like him. I saw you talking to him the other day on your way home from school, and he says you want to move in with him. I forbid it. I could never let you go. You’re my little boy. I’ve raised you to be the sweet young man you’ve become, and I never want you to leave me. Now, you need to move your useless self over to the laundry room. I have 7 loads of laundry that need to be done. ”
   1. How many insults? How many compliments?
   2. What do you think determines whether this scenario is a snapshot into an abusive home or just an abusive incident?