

# LOVE IS NOT

## PHYSICAL ABUSE

- Grabbing, slapping, shoving & hitting
- Stabbing, burning & biting
- Strangulation



## EMOTIONAL ABUSE



- Use of words to make someone feel useless
- Gaslighting: twisting reality by denying acts
- Name calling or insults
- Use of intimidation and threats

## SEXUAL ABUSE

- Most difficult to recognize
- Use of force or coercion
- Unwanted sexual acts
- Making you feel obligated to engage
- Forcing you to have sex with others



## ISOLATION, CONTROL & STALKING

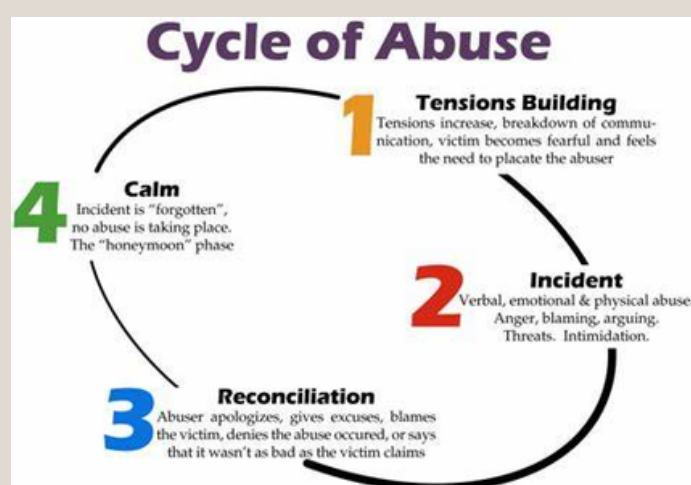


- Used by abusers to gain and maintain power and control over their partner
- Tracking your whereabouts
- Preventing you from engaging with friends and family
- Exercising control of money

## ABUSE IS ABUSE: Key Points to Remember

These are all types of domestic abuse. It is important to know that not all acts of abuse are physical in nature or involve physical violence. Also, abusive acts may not occur every day.

In fact, patterns of abuse typically follow a cycle. This cycle includes tension building prior to an incident and a honeymoon phase of apologies and calmness after the incident.



If you feel you are in an abusive relationship, help is available.