

# VIOLENCE CONTINUUMS

A VIOLENCE CONTINUUM DESCRIBES THE PROGRESSION OF ABUSE

## SEXUAL

- Sexual jokes or demeaning gender remarks
- Jealousy, assumes you are/will be with others sexually
- Unwanted touching
- Criticism of sexuality
- Name calling with sexual epithets
- Forced to look at/engage in pornography
- Demanding monogamy from victim despite promiscuous behavior by batterer
- Coercive/demanding sex (use of threats)
- Humiliation
- Forceful sex (rape)
- Forced, uncomfortable sex
- Sex after beating
- Sex resulting in permanent injury
- Rape with imprisonment
- Rape with Murder

## PHYSICAL

- Refusal to meet physical needs of dependents
- Push, shove
- Choke, beat
- Jerk, slap, bite, pinch
- Shake, bruising
- Withholding sex and affection
- Hit, punch, kick
- Targeted hitting
- Repeated hitting
- Use of objects as weapons
- Throwing victim
- Restraining while hitting or punching
- Abuse during pregnancy
- Lacerations, broken bones, internal injuries
- Use of weapons (guns, knives, blunt instruments)
- Disabling or disfiguring
- Murder

## EMOTIONAL

- Joking and insults
- Ignoring or minimizing feelings
- Withholds approval and emotional support as punishment
- Yelling, name calling
- Repeated insults, degrading
- Targeted insults, or labeling
- Belittling and private humiliation
- Blaming and accusing
- Demands all attention
- Questions sense of reality
- Resentful of children or marriage
- Threats against children or marriage
- Degrading role as mate, lover or partner
- Giving mixed signals
- Lack of cause and effect
- Depression
- Nervous breakdown
- Mental illness
- Complete isolation/withdrawn
- Suicide by victim