

Intimate Partner Violence Abuse Continuum



This continuum contains behaviors which are emotionally and psychologically abusive. Some of the abusive actions included in the “least severe” part of the continuum are considered to be common ways to show anger for many people and often are not thought to be especially abusive. However, like all abuse these behaviors are attempts to control ones partner through harm and the threat of harm.

- Insulting**
- *Name calling
 - *Labeling faults of partner
 - *Repeated humiliation

- Controlling /manipulating**
- *Not allowing partner to make decisions
 - *Telling partner lies and contradictions
 - *Playing “mind games”

- Isolating**
- *Removing partner from friends and family
 - *Manipulating others against partner
 - *Depriving partner of money

- Threatening**
- *Threats of violence to partner’s family, children, or friends
 - *Threats of harming partner
 - *Threats of suicide
 - *Threats of killing partner

- Violence**
- *Hitting walls and breaking objects to elicit fear
 - *Throwing objects at partner
 - *Hitting or harming partner
 - *Suicide
 - *Homicide

This continuum indicates that without change, the ultimate result of ongoing emotional and psychological abuse can be **lethal**.