

DOMESTIC ABUSE IS

MORE
THAN

PHYSICAL VIOLENCE

Prevention Resources

NO MORE
AVON

AVONWORLDWIDE.COM
NOMOREVERBALABUSE.ORG

Am I Verbally Abusive? A Checklist for Perpetrators

Most people will have disagreements with their partner, and may occasionally lash out with words they regret. However, **someone who is verbally abusive uses words on a regular basis to purposely hurt, control and isolate their partner.**

If you use tactics like those listed below, you are being abusive and should seek help. **Do you:**

- **Call your partner names with the aim of upsetting, degrading, or demeaning them?**
Example: “Look at your face – you are so ugly.”
- **Blame your partner for anything that goes wrong – even if it’s your fault?**
Example: “If you hadn’t made me angry, I wouldn’t have done that.”
- **Use guilt as a tactic to control your partner?**
Example: “If you ever left me, I would kill myself.”
- **Say hurtful things under the guise of ‘joking’ about your partner?**
Example: “You’re busting out of your trousers, you’re so fat!”
- **Manipulate your partner into doing what you want?**
Example: “If you loved me, you would...”
- **Constantly criticise everything they do?**
Example: “You can’t do anything right, there’s something wrong with you.”
- **Put your partner down?**
Example: “You are so useless, no one else would love you.”
- **Deny doing or saying something to create confusion?**
Example: “I didn’t say that – you’re imagining things again..”
- **Refuse to speak to your partner for periods of time, without telling them why.**