

Section 2. Pop Quiz: Understanding Abuse Tactics

The following questions are taken from scenarios in which targets shared with us about the types of abuse they have experienced and what they were feeling at the time. Categorize each scenario into the type of abuse that is occurring by circling the correct letter. You can check your understanding of abuse types and tactics by self-scoring after downloading the correct answers.



1. Your partner prefers oral sex over traditional sex and cajoles you into getting on your knees and gratifying them on a regular basis. Although you don't mind giving oral sex occasionally, you find yourself doing it more than you'd like and you especially don't like being forced on your knees like a sexual slave. This is considered:

- a) Verbal abuse because it is an oral activity.
- b) Sexual abuse because of the pattern of pressuring you into an uncomfortable sexual activity
- c) Economic abuse because they threaten to pay prostitutes if you don't comply
- d) None of the above because you are married and should be glad to make your partner happy

2. When you have extra money to splurge with, it always seems to go to the things your partner enjoys like supporting his or her hobbies, or buying an entertainment set, when you would prefer a romantic getaway. Even in small things like the movies, you always end up watching what your partner prefers instead of taking turns. This would be called:

- a) Psychological abuse because they are messing with your mind.
- b) Stalking because the family resources follow them
- c) Economic Abuse because family resources are consistently for one partner's benefit
- d) None of the above because whoever is more assertive should get their own way

3. Men traditionally have a responsibility to care for the family and so have to make the big decisions. They expect their wife and children to obey them for their own good. Men understand the world and its ways better than women, so they need their wives to defer to their good judgment. Some cultures consider male privilege to be the natural order of things, but we call it:

- a) Psychological Abuse because they make a woman feel "less than" when she tries to be independent.
- b) Spiritual Abuse because men often site the Bible or Koran to support their authoritarianism.
- c) Economic Abuse because they use male privilege to control the finances.
- d) All of the above.

4. You often walk on eggshells around your partner because there are times when they fly into a rage and tear up the house, break dishes or destroy your belongings for seemingly no good reason. You try to be very careful not to provoke these outbursts. This is considered:

- a) Economic Abuse because it costs money to repair the damage.

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- b) Intimidation because they make you afraid to be yourself and your home does not feel safe.
- c) Psychological Abuse because they rearrange the reality of the room they tear up.
- d) Spiritual Abuse because you keep praying it won't happen again.

5. You and your mother used to be close but its been harder since you moved away. In addition, your partner doesn't like your mother running your life and gets mad whenever you talk to her. Your partner has pointed out what is wrong with most of your family and doesn't want their influences on you or the kids, and so demands you spend as little time with your relatives as possible. He explains that this is for the good of the family. We call this:

- a) Reverse Stalking where they make sure there is not unwanted contact from relatives.
- b) Verbal Abuse because your partner is pointing out everyone's faults
- c) Isolation because access to your family is being limited on an ongoing basis
- d) None of the above, as this is just typical mother-in-law stuff

6. When you go to parties or public places your partner always seems to find someone to flirt with, leaving you by yourself. If you mention it, they get angry or say you blow things out of proportion, misinterpret their actions, or call they it "harmless fun." We call this:

- a) Psychological Abuse because it is a humiliating behavior that makes you feel bad
- b) Stalking because they are following after other possible partners
- c) Isolation because they leave you alone at parties
- d) Verbal abuse because they talk to other people while ignoring you

7. Your partner often accuses you of doing things to destroy the marriage and will barrage you with questions from "who did you meet at the grocery store" to "what are you are telling your friends about me." When you tell them to stop accusing you of things, they say, "I didn't accuse you of anything, I only asked a question." They don't feel like innocent questions to you, they feel like attacks. There seldom is a "right" answer and you end up paying for infractions. This is called:

- a) Intimidation because they make you afraid to answer questions.
- b) Verbal Abuse because they use words to attack your integrity and imply that you are disloyal to the marriage.
- c) Both A and B
- d) Neither A or B

8. Although your partner says they support you, when you get a promotion, earn a degree or do something that you think is important, they refer to it in an offhand way, if at all. You listen attentively to what goes on in their life but they seldom seem to reciprocate. Most conversations revolve around their opinions, preferences, and interests and yours are left hanging, discounted, or you are told that you don't know what you are talking about. This is:

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- a) Verbal Abuse because they don't talk to you about what you like.
- b) Spiritual Abuse because they do not support you as God's child.
- c) Isolation because they make you feel alone when you are with them.
- d) Psychological Abuse because they have no interest in you unless it relates to them. You are not given credit as a worthwhile person, which hurts.

9. Whenever your abuser gets angry, they call you names like "blubber butt," "motherf**ker" or the "B" word. They often say ugly things about your family or friends. You wonder how they can say such hurtful things and still love you. This kind of abuse is called:

- a) This is not abuse as all people say unintended things in the heat of an argument.
- b) Verbal Abuse because they are assaulting you with words.
- c) Sexual Abuse because anytime someone uses sexual slang in arguments it is a form of Sexual Abuse.
- d) This is called Battering because they are "battering" you with violent words