

Method	Effect & Purpose	How Domestic Abusers Impose These on their Victims
Isolation	Deprives victims of social support, hindering their ability to resist. Develops an intense concern with the abuser. Makes victim dependent on abuser's approval.	Residential moves. Demands to stay in home. Monitoring, demands & sabotage of relationships with others. Barriers to personal & professional development Limitations around participation in social activities.
Monopolization of Perception	Fixes attention upon immediate predicament. Eliminates information not in compliance with demands. Punishes independence & resistance.	Intimidation. Angry outbursts. Physical assaults. The silent treatment. Punishments that set victims on edge. Impulsive actions designed to instill terror. Displays of "moodiness."
Humiliation & Degradation	Makes resistance more 'costly' than compliance. 'Animal Level' concerns.	Demeaning punishments, insults and taunts. Denial of privacy. Sexual abuse & degradation. Demands for sexual images. Unwelcome exposure to pornography. Demands regarding clothing, toileting, grooming, hygiene and other highly personal areas.
Exhaustion	Weakens mental and physical ability to resist.	Sleep deprivation. Demands around food, diets & eating. Prolonged haranguing & criticism sessions. Unreasonable demands around household chores Unreasonable demands regarding sexual frequency. Physical & sexual assaults, causing insomnia & anxiety. Deliberate infliction of pain. Unnecessary financial pressure. Coerced pregnancies & childbearing.
Threats	Create anxiety and despair. Demonstrate cost of non-compliance.	Suicidal threats & gestures. Threats toward victim, children, pets, & others. Threats to take children, pets, home, vehicle & financial support. Threats to destroy victim in court. Weapons used threateningly.
Occasional indulgences	Motivate compliance. Provide hope.	Relief from abuse considered a reward. Promises of a brighter joint future. Promise to "get better," attend therapy, etc. Occasional gifts & other love-like acts.
Demonstrating Omnipotence	Suggest futility of resistance.	Strangulation and suffocation. Ignoring attempts to refuse sex. Abusing children & pets. Breaking the law.
Enforcing trivial demands	Develops habit of compliance.	Demands & complaints about appearance, home, etc. Micromanagement of daily life.

Adapted from Amnesty International (1994)