

# How Domestic Abuse Happens



**How Domestic Abuse Happens** by Stephen Pax Leonard

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Domestic abuse is a serious issue that affects millions of people every year. It can take many forms, from physical violence to emotional abuse, and it can have devastating consequences for victims.

In this article, we will explore the different ways that domestic abuse can happen, and we will provide tips on how to spot the signs and get help.

## Physical Violence

Physical violence is one of the most common forms of domestic abuse. It can include:

- Hitting
- Slapping
- Punching

- Kicking
- Choking
- Burning
- Stabbing
- Shooting

Physical violence can cause serious injuries, and it can even be fatal.

## **Emotional Abuse**

Emotional abuse is another common form of domestic abuse. It can include:

- Verbal abuse
- Name-calling
- Put-downs
- Threats
- Isolation
- Gaslighting
- Manipulation
- Coercion
- Intimidation

Emotional abuse can be just as damaging as physical violence. It can lead to depression, anxiety, and low self-esteem. It can also make it difficult for

victims to leave abusive relationships.

## **Stalking**

Stalking is a form of domestic abuse that involves repeated, unwanted contact from a former or current partner. It can include:

- Following the victim
- Showing up at the victim's home or workplace
- Calling or texting the victim repeatedly
- Sending unwanted gifts or letters
- Using social media to harass the victim

Stalking can be very frightening and it can make it difficult for victims to live their lives.

## **Economic Abuse**

Economic abuse is a form of domestic abuse that involves controlling the victim's finances. It can include:

- Preventing the victim from working
- Taking the victim's money
- Refusing to pay for the victim's needs
- Running up the victim's debt
- Preventing the victim from accessing financial resources

Economic abuse can make it difficult for victims to leave abusive relationships.

## **Spotting the Signs of Domestic Abuse**

It can be difficult to spot the signs of domestic abuse, but there are some red flags to look for:

- Physical injuries, such as bruises, cuts, or broken bones
- Emotional distress, such as depression, anxiety, or low self-esteem
- Changes in behavior, such as isolating themselves from friends and family
- Fear of their partner
- Controlling behavior from their partner

If you think someone you know is being abused, it is important to reach out to them and offer your support. You can also contact a domestic violence hotline or organization for more information and resources.

## **Getting Help for Domestic Abuse**

If you are being abused, there are resources available to help you.

You can contact a domestic violence hotline or organization for confidential support and guidance.

You can also reach out to a trusted friend or family member for help.

If you are in immediate danger, call 911.

Domestic abuse is a serious issue, but there is help available. If you are being abused, please reach out for help. You are not alone.

## Resources for Domestic Abuse Victims

- The National Domestic Violence Hotline
- National Domestic Violence Shelters
- The National Sexual Assault Hotline
- Safe Horizon
- Women's Aid



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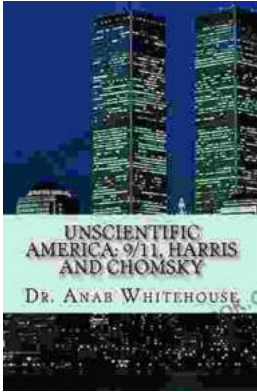
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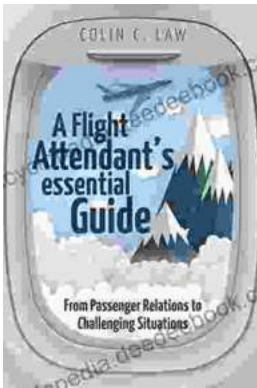
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