

The Mathematics of Abusing

Using Power and Taking Control	Unfair Expectations	Not Taking Women Seriously	Abuse
<p>Abusers taking Power and Control Means:</p> <ul style="list-style-type: none"> • Giving orders. • Being the boss. • Making decisions for the two of you without consulting the other person. • Being possessive, keeping track of where the other person is, who they talk to and what they do. • Criticizing her all the time. • Ruining her reputation by spreading rumours. • Getting her back for not doing what you want. 	<p>Unfair Expectations by Abusers are:</p> <ul style="list-style-type: none"> • Thinking she owes you sex. • Believing she must agree with you all the time. • Thinking she shouldn't contradict you in public. • You can question her but she can't question you. • She must be interested in everything you are interested in. • Expecting her to be available all the time. • Expecting her to put up with any mood you're in. • When you are unhappy, expecting her to feel responsible for making you feel better. • Thinking that you can cheat on her but she can't cheat on you. 	<p>Not Taking Women Seriously Means:</p> <ul style="list-style-type: none"> • Not respecting their opinions. • Seeing girls as sex objects. • Thinking girls aren't as smart as boys. • Thinking girls are too sensitive, overly emotional or irrational. • Sexism. 	<p>Abuse Includes:</p> <ul style="list-style-type: none"> • Hitting, shoving, pinching, burning, pushing, beating, throwing things, punching walls, etc. • Threatening to hurt someone. • Destroying a person's property, hurting their pets, threatening their family. • Forcing sex on another person. • Keeping someone fearful of you.

London Abused Women's Centre
Adapted from: Fitzpatrick, D. (1992). Outreach to Teens: A Manual for counsellors who Work
with Teen Victims of Violence Against Women