

Focus on Physical Abuse

Physical abuse is any behavior that is meant to cause hurt to another person's body or to control another person's freedom or movement. One person may abuse another using his or her own physical strength, using an object or weapon, or using size or presence to intimidate or control the other.

Some examples of physical abuse are listed below. Think about these in considering any relationships you're involved in now. Have you done these things, or have they been done to you?

- 1 Pushing or shoving
- 2 Grabbing
- 3 Hitting, slapping, or punching
- 4 Pulling hair
- 5 Kicking
- 6 Choking
- 7 Holding someone down or holding their arm so they can't walk away
- 8 Throwing objects at another person
- 9 Use of weapons to hurt or threaten someone
- 10 Biting
- 11 Pinching
- 12 Spitting
- 13 Arm twisting
- 14 Burning
- 15 Carrying someone against their will
- 16 Trapping someone in a room or car
- 17 Abandoning someone in an unsafe place
- 18 Chasing
- 19 Standing in the doorway to block the other person from leaving
- 20 Hiding car keys, shoes, clothes, or money so the other person can't leave
- 21 Standing in front of/behind car to prevent the other person from leaving
- 22 Sabotaging the car to prevent the other person from leaving
- 23 Refusing to help someone when they're sick or injured
- 24 Following or stalking
- 25 Withholding needed medications from the other person
- 26 Withholding food and/or sleep from the other person

CHECKPOINT:

- 1 Am I being physically abused by my partner?
- 2 Have I been physically abused in the past?
- 3 Am I being physically abusive to my partner?
- 4 Have I been physically abusive in the past?

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Questions? Need to talk to someone confidentially about abuse? Call us.
Rape & Abuse Crisis Service hotline: 634-4911 or 1-800-303-0013