

The use of spiritual truths or biblical texts to cause shame or control

Manipulation of the leader to meet personal needs

Lying or shaming

Disrespectful of individuality of making decisions

Creating fear or confusion

**Child Abuse Hotline**  
800-422-4453

**Domestic Abuse Hotline**  
800-799-7233

**Sexual Assault Hotline**  
800-656-4673

#### **STATEMENT OF FAITH**

Psalm 147:3 He heals the brokenhearted and binds up their wounds.

#### **MISSION**

The mission of Hope Recovery is to provide support and compassion in the lives of adult survivors of abuse and sexual trauma.

#### **VISION**

To offer support and compassion as survivors make their way on the journey of recovery and healing.

**Donations are welcome to  
keep support services free  
for trauma survivors.**

### *Hope Recovery*

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 *Hope Recovery Inc.*

## *Forms of Abuse*



*{ You Are Not Alone! }*



## *Forms of Abuse*

### **Forms of Physical Abuse:**

- Pushing
- Punching
- Burning
- Biting
- Slapping
- Kicking
- Destruction of property (throwing objects, punching walls, breaking things)
- Choking
- Using weapons – knives, guns, boards, baseball bats, etc.
- Harming of pets

### **Forms of Emotional Abuse:**

- Ignoring
- Isolating
- Humiliating
- Neglecting
- Criticizing
- Intimidating (making angry or threatening gestures, standing

in the doorway during arguments, driving recklessly, outshouting the other person, use of physical size to intimidate)

- Mind games
- Disrespecting
- Embarrassing
- Making threats
- Overly Jealous
- Isolating

### **Forms of Verbal/Mental Abuse:**

- Name-calling
- Yelling
- Making threats
- Insulting
- Blaming
- Making demands
- Lying and cheating
- Breaking promises
- Harming of pets

### **Forms of Sexual Abuse:**

- Unwanted touching
- Sexual name-calling
- Inappropriate looks
- Unfaithfulness
- False accusations
- Forced sex
- Hurtful sex
- Pressure to dress in a more “suggestive” way

### **Forms of Spiritual Abuse:**

- Refusing to provide spiritual care based on gender
- Pushing for a victim to return or forgive a perpetrator
- Using threats to maintain control
- Dictation of basic decisions
- Denying divorce when there are grounds for divorce
- Pushing for sexual activity by the discussions taking place or control