

Abuse is defined as:

- **Physical Abuse** includes hitting, pinching, slapping, pushing, punching, kicking, burning, stabbing or shooting. It may also include threats to cause harm.
- **Psychological Abuse** (sometimes referred to as emotional or verbal abuse) includes put-downs, name calling, jealousy, isolation from family and friends, and threats to leave the relationship or to commit suicide if the victim does not co-operate.
- **Sexual Abuse** includes unwanted touching or sexual activity. It may include control over birth control, forced pregnancies or abortions and transmission of Sexually Transmitted Diseases (STD).
- **Financial Abuse** occurs when an individual uses finances to control another individual. This could include forcing a person to hand over all or part of their salary or by denying someone access to their own finances.
- **Spiritual Abuse** occurs when an individual uses religious or spiritual matters to control another, such as forcing another to follow a particular faith or give up their religion.

Source: <http://www.troussenb.ca/emain.asp?477>

Here are a few questions you can ask yourself to help determine if there is intimate partner abuse going on in your home. Doctors use this screening with patients when they present with an injury:

- 1. In general, how would you describe your relationship?**
 - A lot of tension
 - Some tension
 - No tension
- 2. Do you and your partner work out arguments with:**
 - Great difficulty
 - Some difficulty
 - No difficulty
- 3. Do arguments ever result in you feeling down or bad about yourself?**
 - Often
 - Sometimes
 - Never
- 4. Do arguments ever result in hitting, kicking, or pushing?**
 - Often
 - Sometimes
 - Never
- 5. Do you ever feel frightened by what your partner says or does?**
 - Often
 - Sometimes
 - Never

6. Has your partner ever abused you physically?

- Often
- Sometimes
- Never

7. Has your partner ever abused you emotionally?

- Often
- Sometimes
- Never

If you answered positively to any of these, you may want to call for help