

Power Over Strategies

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Physical: Hit with open hand or fist, slap, push, pull, grab hair, kick, restrain, tackle, grab someone's throat, strangulation, block exit or path, take phone out of other person's hand, break phone, spit on someone, stare, pinch, bite, grab, shake, carry, drag, throw something at someone or in their direction, break something, destroy property, demonstrate a weapon, use a weapon, raise voice, use profanity, make a threat to harm someone or a child or animal.

Sexual: Forcing sex or any sexual acts, demanding sexual acts, continuing to fondle, touch or caress and have sex with an unwilling partner, telling partner they have to watch pornography or continually pressuring them to do so by using power-over strategies, pressuring partner (not responding to partner's attempts to not have sex and/or using power-over strategies instead) to have sex or to have unprotected sex.

Intimidation: Threaten to harm partner, the children, a relative, pet or self, threaten to leave relationship to intentionally emotionally hurt partner, threaten to take children away, destroy things, stare down, following partner to work, school, store and continually calling them or showing up unexpectedly at various different locations (stalking).

Economic: Not giving money to partner for basic needs, telling partner that she cannot work, interfering with partner's job, taking partner's money, not including partner in economic decisions and other important decisions, defining the gender roles, enforcing gender roles by using power-over strategies, expecting and using power-over strategies to get partner to be subservient (cook, clean, do laundry, etc.)

Emotional: Continual use of ... profanity, labels, criticism, blame, raising voice, screaming, talking when someone else is talking (interrupting), not letting someone finish sentence, make light of one's own power-over strategies, using humor to intentionally hurt another, threatening to leave to hurt another.

Isolation: Telling partner that they cannot see their friends and relatives, monitoring phone calls (checking partner's phone without partner's permission, not granting permission to use phone), reading email, mail, taking or grabbing keys from someone, hiding keys, tell partner where they can go or not go, threaten or use physical force if partner does not comply.