

PEEVS
THE FIVE TYPES OF VIOLENCE

- Physical:** violence can be described as violence to someone or violence that is done around someone. Physical violence to someone includes hitting, restraining, blocking, spitting, squeezing, or shaking. Physical violence around someone includes throwing, striking, breaking, or upsetting objects around someone. The message this sends is that “You’re next!”
- Emotional:** violence is deliberately holding yourself, your services, or the 4 A’s (Acceptance, Appreciation, Attention & Affection) from someone for the sold purposes of controlling or coercing them. This involves behavior such as ignoring someone or the “silent treatment”. The evil eye, the look of the big stink eye also forms of emotional violence. The “evil eye” is a look that displays the wishes of negative or harmful things on people or to display anger or hatred. “The Look” is a facial expression which shows that a person is angry and on the verge of being verbally or physically violent. “The big stink is a body posture such as folded arms, hands on hips and/or a scowling face. These behaviors carry such messages as “Don’t you dare ask me for anything right now!”
- Economic:** abuse us controlling someone’s financial resources. It includes such behaviors as trying to keep someone from getting or keeping a job, making them ask for money, giving them an allowance, taking their money.
- Verbal:** violence can be described as violence that is threatening, thingifying or trivializing (the “3-T’s”). To *threaten verbally* is to use words that imply that you will do physical violence to them, such as “I’m gonna smack you if you try that again!” or “You don’t wanna start asking me questions before I’ve had my coffee.”
- Thingifying* is a word we use to describe calling someone a name that makes him or her seem like an object to you. These can be profane words such as “dick”, “jack ass” or words like “idiot” and/or “my old man/lady”. Thingifying makes it easier for you to do violence to someone, in the same way that it is easier for soldiers to kill an enemy with a nickname like “The Jerries”, “The Krauts” or “Charlie”.
- To *Trivialize* someone verbally is to use words that imply that they are inferior to you such as “I work hard constantly, picking up after everyone, running this household, and keeping you clean, while you’ve only got to hammer nails”, or “give me the remote, honey. You don’t even know what’s on TV”.
- Sexual:** violence is sexual behavior that crosses someone’s boundary without his/her permission. It can be physical in nature, such as rape or kissing or fondling without permission or intentionally showering another with sensual affections to spite another. Sexual of a verbal nature is talking about sex with someone who doesn’t want to or using sexual words that they don’t want to hear. Sexual violence of an emotional nature is behavior such as withholding sex form your partner in order to control or coerce him. It also includes flirting with someone else in the presence of your partner.