

Section 2. Understanding Abuse Tactics POP Quiz Answers

Correct your answers. It is an open book quiz, so you get 100% .



1. Your partner prefers oral sex over traditional sex and cajoles you into getting on your knees and gratifying them on a regular basis. Although you don't mind giving oral sex occasionally, you find yourself doing it more than you'd like and you especially don't like being forced on your knees like a sexual slave. This is considered

- a) Verbal abuse because it is an oral activity.
- b) Sexual abuse because of the pattern of pressuring you into an uncomfortable sexual activity
- c) Economic abuse because they threaten to pay prostitutes if you don't comply
- d) None of the above because you are married and should be glad to make your partner happy

The correct answer is: b) Sexual abuse because of the pattern of pressuring you into an uncomfortable sexual activity.

Explanation: This answer is self-explanatory yet many women do not understand they do not have to perform sexual activities to please their partner if they don't like it. A clear example comes from Susie, a woman we worked with. Her boyfriend was always telling her to give him a blow job and "suck my c**k," while sticking his member in her face. Yet he seldom satisfied her as he was always too busy. Susie was trying to be a good partner but really felt that her partner was abusing her by being the only one to be satisfied. Finally, when she had enough, Susie went to him and wrote a check from her account. She threw it at him, "What do I have to do to? Buy it? Here's \$50. Now it's my turn." Her partner did not return the favor and, in fact, left her.

It appeared that in order to stay in that relationship Susie would have to give him oral sex on demand and never expect anything in return. Was she happy that he left? Not particularly, but she garnered enough self respect not to settle for a one-sided sexual relationship. Once a target stops letting abusive partners abuse, and *demand* respect, the partners worth keeping make an effort to improve. They begin treating their mates with respect. The abusers that can't, or won't change, usually end up leaving the relationship anyway. This is because if you won't let them, abusers don't get the payoff in controlling and hurting you. So an abused spouse or partner doesn't have to leave the relationship to make things right. When you are in a relationship worth saving, when you improve, your partner will too. If you are improving and your mate gets worse, you don't have to leave them, they will usually leave you! Then move on to another, more vulnerable, partner.

In Susie's case, her ex boyfriend moved on to a MAN! She was very grateful that she found out early in the relationship. She demanded respect and he was unable to give it. She was the ultimate winner and ended up with a solid relationship where she was supported and cherished--something that could not have happened if she had been with the sexual abuser.

2. When you have extra money to splurge with, it always seems to go to the things your partner enjoys like supporting his or her hobbies, or buying an entertainment set, when you would prefer a romantic getaway. Even in small things like the movies, you always end up watching what your partner prefers

Section 2. Understanding Abuse Tactics POP Quiz Answers

instead of taking turns. This would be called:

- a) Psychological abuse because they are messing with your mind.
- b) Stalking because the family resources follow them
- c) Economic Abuse because family resources are consistently for one partner's benefit
- d) None of the above because whoever is more assertive should get their own way

The correct answer is: c) Economic Abuse because family resources are consistently for one partner's benefit.

Explanation: The partner is controlling the family finances through self-centeredness and lack of consideration. Often they will not present it this way. Abusers are fond of doing things for the "good" of the family like buying expensive stereo equipment instead of an extra car for you or investing thousands in model airplanes "for the kids" who are seldom allowed to touch it, or spending all the money on booze, gambling, or drugs because "I work hard for my money." If you work, they often take your paycheck or welfare check if that is your income. many times they prefer that their woman not work or if they have to, at very menial jobs. Sometimes abuser will have the wife handle the finances and pay the bills but criticize how you do it and then overspend so you can't stay in a budget and blame you. There are various tactics used but if you are being controlled by your partner through money or career, it is economic abuse.

One of our clients was a business woman, Janette, who refused to let her husband run her business. She paid her share of the bills while keeping her business separate. However, all the money they managed to save together consistently went for large ticket items that *he wanted* like hunting and fishing gear, an expensive Webber grill (she didn't eat meat), plants and yard accessories (gardens were his hobby), and recording equipment for his guitar playing. Anything Janette wanted, he demanded she buy from her business. When her business made a particularly large profit, he asked her to buy him a new SUV with the profits. When she suggested they mortgage their house and both get new vehicles and pay them off together, he belittled her, called her selfish, said she did not need a vehicle since she worked from home, etc. Finally he threatened divorce, if she didn't comply. The upshot was, that she put her foot down. She would no longer stand for his greed. Janette hired an attorney and had papers drawn up to protect her finances. At that point her husband did an about face and was willing to do anything to hold the marriage together--they went for counseling and he began, however tentatively to look at his anger and control issues.

3. Men traditionally have a responsibility to care for the family and to make the big decisions. They expect their wife and children to obey them for their own good. Some men think they understand the world and its ways better than women, so they need their wives to defer to their "good" judgment. Some cultures consider male privilege to be the natural order of things, but we call it:

- a) Psychological Abuse because they make a woman feel "less than" when she tries to give opinions and make decisions on her own.
- b) Spiritual Abuse because men often site the Bible, Tora or Koran to support their authoritarianism.

Section 2. Understanding Abuse Tactics POP Quiz Answers

- c) Economic Abuse because they use male privilege to control the finances and expenditures.
- d) All of the above.

The correct answer is: d) All of the above.

Explanation: In some countries and religious communities in the U.S., this attitude may be considered normal and acceptable. Male privilege in its worse form leads to honor killings. However, in the typical American family, the democratic principles of equality are the rule and male privilege the exception. Male privilege may be accepted in factions in the US but is not generally considered an acceptable social practice where we no longer consider women "less than" as human beings.

4. You often walk on eggshells around your partner because there are times when they fly into a rage and tear up the house, break dishes or destroy your belongings for seemingly no good reason. You try to be very careful not to provoke these outbursts. This is considered:

- a) Economic Abuse because it costs money to repair the damage.
- b) Intimidation because they make you afraid to be yourself and your home does not feel safe.
- c) Psychological Abuse because they rearrange the reality of the room they tear up.
- d) Spiritual Abuse because you keep praying it won't happen again.

The correct answer is: b) Intimidation because they make you afraid to be yourself and your home does not feel safe.

5. You and your mother used to be close but its been harder since you moved away. In addition, your partner doesn't like your mother running your life and gets mad whenever you talk to her. Your partner has pointed out what is wrong with most of your family and doesn't want their influences on you or the kids, and so demands you spend as little time with your relatives as possible. He explains that this is for the good of the family. We call this:

- a) Reverse Stalking where they make sure there is not unwanted contact from relatives.
- b) Verbal Abuse because your partner is pointing out everyone's faults
- c) Isolation because access to your family is being limited on an ongoing basis
- d) None of the above, as this is just typical mother-in-law stuff

The correct answer is: c) Isolation because access to your family is being limited on an ongoing basis

6. When you go to parties or public places your partner always seems to find someone to flirt with, leaving you by yourself. If you mention it, they get angry or say you blow things out of proportion, misinterpret their actions, or call they it "harmless fun." We call this:

- a) Psychological Abuse because it is a humiliating behavior that makes you feel bad
- b) Stalking because they are following after other possible partners
- c) Isolation because they leave you alone at parties
- d) Verbal abuse because they talk to other people while ignoring you

Section 2. Understanding Abuse Tactics POP Quiz Answers

The correct answer is: a) Psychological Abuse because it is a humiliating behavior that makes you feel bad.

7. Your partner often accuses you of doing things to destroy the marriage and will barrage you with questions from "who did you meet at the grocery store" to "what are you are telling your friends about me." When you tell them to stop accusing you of things, they say, "I didn't accuse you of anything, I only asked a question." They don't feel like innocent questions to you, they feel like attacks. There seldom is a "right" answer and you end up paying for infractions. This is called:

- a) Intimidation because they make you afraid to answer questions.
- b) Verbal Abuse because they use words to attack your integrity and imply that you are disloyal to the marriage.
- c) Both A and B
- d) Neither A or B

The correct answer is: c) Both A and B

8. Although your partner says they support you, when you get a promotion, earn a degree or do something that you think is important, they refer to it in an offhand way, if at all. You listen attentively to what goes on in their life but they seldom seem to reciprocate. Most conversations revolve around their opinions, preferences, and interests and yours are left hanging, discounted, or you are told that you don't know what you are talking about. This is:

- a) Verbal Abuse because they don't talk to you about what you like.
- b) Spiritual Abuse because they do not support you as God's child.
- c) Isolation because they make you feel alone when you are with them.
- d) Psychological Abuse because they have no interest in you unless it relates to them. You are not given credit as a worthwhile person, which hurts.

The correct answer is: d) Psychological Abuse because they have no interest in you unless it relates to them. You are not given credit as a worthwhile person, which hurts.

9. Whenever your abuser gets angry, they call you names like "blubber butt," "motherf**ker" or the "B" word. They often say ugly things about your family or friends. You wonder how they can say such hurtful things and still love you. This kind of abuse is called:

- a) This is not abuse as all people say unintended things in the heat of an argument.
- b) Verbal Abuse because they are assaulting you with words.
- c) Sexual Abuse because anytime someone uses sexual slang in arguments it is a form of Sexual Abuse.
- d) This is called Battering because they are "battering" you with violent words

The correct answer is: b) Verbal Abuse because they are assaulting you with words.