

VIOLENCE-METER

Violence can also be measured

Although they may seem like isolated episodes of violence, do not fool yourself:

It is not something temporary.
You won't be able to control it.
These episodes will continue to rise.

No apology will prevent these acts from being repeated.

No "I won't do it again" oath has value or meaning.

React, don't let yourself be destroyed!

Get professional help
(psychological, legal and from the authorities).

Now your life is in serious danger.



JEALOUSY, BLACKMAIL, LIES,
DECEPTIONS, INFIDELITIES

OFFENSES, DISQUALIFICATIONS OR
PUBLIC HUMILIATION

CONTROL OR PROHIBITION
(friends, family, social networks, mail,
access to money, outings, clothing)

DESTRUCTION OF ASSETS OR
PERSONAL OBJECTS

INAPPROPRIATE TOUCHING,
AGGRESSIVE PETTING

PUSHING AND SHOVING

SLAPPING OR PUNCHING

KICKING

ENCLOSURE OR FORCED ISOLATION

INTIMIDATION OR THREATS WITH
OBJECTS OR WEAPONS

DEATH THREATS

SEXUAL ABUSE OR RAPE

CUTTING OR MUTILATION

MURDER (FEMICIDE)