

There are three main types of domestic violence — Emotional Abuse, Psychological Abuse, and Physical Abuse — although the lines between them are blurred and they often overlap each other. The severity of abuse inflicted in each of the three different types of domestic violence can vary from mild to extreme, and can be broken down into roughly five different levels of identifiable types of actions.

THE FIVE LEVELS

There are varying degrees of abuse and various acts that abusers commit to perpetrate domestic violence. These range from verbal abuse on one end to inflicting physical injuries or death on the other. There are roughly five different levels of abuse, each subsequent level increasing in severity and damage to the victim. Typically, domestic violence starts at stage one, but it can quickly progress to stage five. However, not all abusers reach the latter stages of violence, and not all follow the typical pattern of slowly increasing in severity. Some stop after the first level or two, and others go straight to the last stage.

If you are seeing conduct that falls into the first and second categories, you should immediately take steps to alleviate or change the pattern of behavior. You are a prime candidate for worsening domestic violence, and there is the potential for damage to yourself and to your children as well as the eventual loss of any control you may have over the situation.

Acts in the third level are borderline, and unless you are a particularly strong individual, you are probably already in over your head.

If you are seeing acts in the fourth or fifth level, you no longer have time to try to change the conduct. It has gone too far and your only remedy at this point is to get away from the situation, either by removing yourself from it, or by removing him from it . . . *immediately*.