Coercive Control Methods

Abusers use a variety of ways to get people to behave in the ways they want.
Look at the list below, have you experienced any of these methods?

Method	Example
Isolation	• monitors your phone, emails, internet access • doesn't like any of your friends or family and makes it difficult for you to see them • starts a disagreement anytime you are planning to go out • encourages you not to work, or pursue activities that interest you
Controls Perception	• physical isolation • monopolizes all of your time • wants you focused solely on their needs and wants • your freedoms are heavily restricted - how you dress, your hair, when you can go out etc • controls you with hostility and fear sprinkled with times of kindness
Causes Exhaustion & Deprivation	• sleep deprivation - won't let you go to bed or wakes you repeatedly in the night • restricts calories, controls diet (starvation etc) • won't allow you to access medical care (physical and mental) • won't allow you to take medication (some or all) • gives you drugs/ alchohol and insists you take them
Threats	• threats of injury/ abandonment • threats of death • threats of suicide if you don't comply • threats to hurt those you love • vague threats ("you'll be sorry!")

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Periods of Kindness	• shows kindness at times • offering favours • promises of "I'll change" • rewards for compliance (obeying) • showers you with gifts or praise
Demonstrates Power	• frequently starts confrontations • demonstrates that its in your best interest to comply • keeps you either in a hyper-vigilant & anxious state or causes you to shut down and feel nothing
Degradation	• humiliates you (punishes you in front of others) • sexual degradation (encouraged to participate in humilating acts) • denies you privacy • controlling or preventing personal hygiene • taunts and insults you
Enforces Trivial Demands	• demands are often trivial • demands often contradict each other • demands change frequently and it feels challenging to keep up • reinforces control

There are places that can help. Please see my resources page. You're not alone.