

## Coercive Control

Coercive control is a strategic pattern of behaviour designed to exploit, control, create dependency and dominate. The victim's every day existence is micro managed and her space for action as well as potential as a human being is limited and controlled by the abuser.

It is a pattern of behaviours that enables someone to exert power over another person through fear and control. Coercive control can happen in any type of intimate relationship and includes behaviours such as insulting the other person, making threats, exerting financial control, and using sexual coercion.

This controlling behaviour is designed to make a person dependent by isolating them from support, exploiting them, depriving them of independence and regulating their everyday behaviour.

Some common examples of coercive behaviour are:

- Isolating you from friends and family
- Depriving you of basic needs, such as food
- Monitoring your time
- Monitoring you via online communication tools or spyware
- Taking control over aspects of your everyday life, such as where you can go, who you can see, what you can wear and when you can sleep
- Depriving you access to support services, such as medical services
- Repeatedly putting you down, such as saying you're worthless
- Humiliating, degrading or dehumanising you
- Controlling your finances
- Making threats or intimidating you

### **Resources:**

*Coercive and Controlling Behaviour: Gathering Evidence and Case Building*

### **What is coercive control?**

<https://www.womensaid.org.uk/information-support/what-is-domestic-abuse/coercive-control/>

### **How to Recognize Coercive Control**

<https://www.healthline.com/health/coercive-control#controlling-money>