

# Coercive Control

## and what it might look like



### Isolating you from support

Abusers work on a divide and conquer principle. Whether it be family, friends or professional support services, they will do what they can to make maintaining that relationship difficult or impossible. Anyone external to the relationship is seen as a threat to the relationship and needs to be eliminated from any potential perceived and unwanted "influence".



### Closely monitoring your activity

Swapping social media and email passwords, checking your phone, jokingly or accusingly, insisting you have snap maps or location settings on or asking excessively about your plans - these are all ways to monitor activity that can spiral into limiting freedom and isolating your from support systems.



### Constantly criticising you

Putting you down, and making comments or jokes about your insecurities is a way to make you feel smaller, less and "lucky" to have this person in your life. It is a way to encourage you to seek your controller's validation and also makes them feel better about their shortcomings.



### Their way or the highway

Abusers love getting their way. What may initially start as a "You know I don't like it when"; or "I'm just particular like that" can very soon turn into a "Now look at what you made me do!!". From always picking the movies to how you respond to jokes this can easily escalate into full control.



### Jealousy

Jealousy is more than not liking the way other people look at you. It is also about how you budget your time and attention and can include friends, family, pets and hobbies. Jealousy is an entitlement that stems from ownership. It is not cute or a sign that they love you so much all they want to do is be with you.



### Gaslighting

This is one of the most dangerous forms of abuse and is often used to 'combat' the other forms of control mentioned. Gaslighting is about confusing you, making you second guess what you saw, heard, felt or experienced. Gaslighting leaves its victim confused, anxious and feeling crazy rendering the abuser the one to look to and trust for guidance.

