

# Point Systems

When men create and use a “point system” to track, score, or penalize women in a relationship, it is typically a form of psychological and emotional abuse — and it often overlaps with other abusive dynamics.

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## 1. Emotional / Psychological Abuse

A “point system” turns the relationship into a hierarchy in which one person becomes the evaluator and the other becomes the one being judged.

It can:

- Create chronic anxiety (“Am I losing points?”)
- Undermine self-worth
- Condition behavior through approval and disapproval
- Replace mutual respect with surveillance and scoring

This is manipulative because it reframes normal relational conflict as performance evaluation.

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## 2. Coercive Control

If the system is used to:

- Punish
- Withhold affection
- Threaten consequences
- Justify anger or retaliation

Then it may fall under coercive control, which is a pattern of domination through regulation and intimidation rather than physical force.

The goal becomes compliance, not connection.

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## 3. Objectification & Dehumanization

Scoring a partner like a game:

- Reduces her to measurable outputs
- Removes relational equality
- Positions the man as authority or judge

Healthy relationships are collaborative — not competitive scoreboards.

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#### **4. Narcissistic or Entitlement-Based Dynamics**

In some cases, this reflects:

- Entitlement (“You owe me performance.”)
- Conditional approval
- Transactional intimacy (“You receive affection only if you earn it.”)

This can create trauma-bonding cycles in which validation becomes intermittent and addictive.

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#### **What It Is Not**

It is not:

- Healthy conflict resolution
- Mutual accountability
- Collaborative growth

Healthy accountability includes:

- Clear boundaries
  - Open communication
  - Repair after conflict
  - Mutual standards, not unilateral scoring
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#### **The Core Issue**

A relationship should not operate like:

- A workplace review
- A courtroom
- A leaderboard

If only one person controls the “points,” there is a power imbalance — not a partnership.

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# Normalized Violence & Point Systems

Some individuals may frame this behavior as “just gaming culture,” while in more extreme cases, it can overlap with exploitation or trafficking dynamics.

There is growing concern about the normalization of digital abuse.

Research and surveys suggest:

- A significant number of individuals report being filmed without consent, though exact figures vary.
- 1 in 10 men admitted to filming & coercing without consent.
- More than half of women report experiencing some form of online harassment.
- The vast majority of revenge pornography victims are women; 90%.
- White women most targeted victims revenge pornography; 80%.
- A high percentage of individuals depicted in exploitative pornography report coercion or trafficking-related circumstances; 80%.

US advocates support:

- Stronger protections against non-consensual pornography
- Bans on exploitative and coercive content
- Increased state and federal penalties for trafficking, exploitation, and digital sexual abuse
- The recognition of forced pornography as a form of modern genocide and eugenics

Modern exploitation and coercion are not matters of “free speech” — they are matters of *modern slavery*.

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