

CAN YOU RELATE TO THIS...?

Isolation

Abusers often start by isolating their victims from their support network, including friends, family, and colleagues. This isolation creates a dependency on the abuser, significantly limiting the victim's ability to seek help or escape the abusive situation.

Intimidation & Threats

Threats of harm to the victim or their loved ones and repercussions for defying what the abuser's dictates. These threats include the destruction of property, threats of suicide, or harm to pets.

Economic Abuse

Control of all financial resources, rendering the victim financially dependent. It may include restricting access to bank accounts, stealing money, or forbidding the victim from working.

Emotional & Psychological Abuse

Abusers use various tactics to undermine their partner's confidence and self-worth, including constant criticism, gaslighting, and making the victim feel guilty for the abuser's actions. This type of abuse can be particularly damaging, as it erodes the victim's mental health and self-perception.

Gaslighting

Gaslighting is a form of psychological manipulation in which the abuser denies or distorts the victim's reality, making them doubt their perceptions, memory, and sanity.

Monitoring & Surveillance

Many abusers exert control by obsessively monitoring their partner's movements, communications, and social interactions. This surveillance is often justified by the abuser as concern for the victim's safety, but in reality, it serves to instill fear and compliance.

Intermittent Reinforcement

Abusers often use a cycle of reward and punishment to maintain control. They may alternate between periods of affection and kindness with episodes of abuse, creating confusion and uncertainty for the victim. This intermittent reinforcement can make it difficult for the victim to leave the relationship, as they cling to hope that things will improve.

DO YOU FEEL THIS...?

Fear

Constant anxiety about doing or saying something that will upset your partner.

Confusion

Doubt about your own memory or perception due to gaslighting.

Isolation

Feeling cut off from family, friends, and social support.

Dependence

You believe that you cannot function or make decisions without your partner.

Low Self-Esteem

Feeling worthless or incapable, often a result of constant criticism.

Guilt

You blame yourself for your partner's behaviour or for not being able to leave the situation.

Shame

Feeling embarrassed about your situation or believing that you deserve the abuse.

Anger

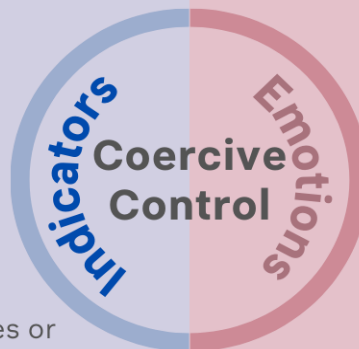
Resentment towards your partner, or anger at yourself for being in the situation.

Love

Continuing to feel love or affection for your partner, often intertwined with confusion and dependency.

Powerless / Helpless / Hopeless

Believing the situation will never improve and feeling trapped.



CHECK THE INDICATORS & EMOTIONS THAT APPLY TO YOU.

Recognizing the signs of coercive control is essential for both victims and those who seek to support them.

Coercive control is an indicator of intimate partner violence.

Not all violence is physical.