

Coercive control

What is coercive control?

Not all domestic abuse is physical, and some types of abuse can be hard to recognise. In fact, some people can live in an abusive relationship for years and not realise they're experiencing abuse.



Coercive control is a type of domestic abuse that can be harder to identify than some other types of abuse.

It refers to a pattern of behaviours used by an abuser to control their partner and create an uneven power dynamic. Coercive control generally involves manipulation and intimidation to make a victim scared, isolated, and dependent on the abuser.

➔ Gaslighting

Making you feel confused, manipulating your emotions and encouraging self-doubt and making you feel like you're going crazy.

➔ Stalking

Being followed or feeling like your partner knows what you are doing and where you are, at all times.

➔ Financial abuse

Limiting your access and controlling how you spend your money.

➔ Harassment

Aggressive pressure or intimidation, constant calling or messaging you.

➔ Isolating

Being stopped from seeing family or friends and made dependant on your partner.

➔ Technological abuse

Viewing your text messages, emails and social media without your consent. Checking your phone and controlling your access.

➔ Blaming

Being made to feel responsible, at fault and wrong.

➔ Degrading

Being put down, publicly humiliated, disrespected and having your secrets used against you.

➔ Interrogation

Being questioned constantly and told that you are lying.

➔ Threatening

Threats to kill, hurt or ruin the life of you, themselves, friends, family or pets.

→ **COERCIVE CONTROL CHECKLIST**

Is there someone in your life who:

- ☐ Makes you feel afraid?
- ☐ Controls what you do and say?
- ☐ Puts you down or embarrasses you?
- ☐ Accuses you of flirting or cheating?
- ☐ Pressures or forces you to do sexual things?
- ☐ Threatens or hurts you, themselves, family or friends?
- ☐ Constantly checks your phone and location?
- ☐ Limits your access to money?
- ☐ Stops you from getting a driver's licence or a job?

Any of the actions above may be signs of coercive control and domestic abuse. If you answered yes to any of these or recognise that you use these behaviours, you are likely to be in an unhealthy relationship.

There is support available to make changes and help build a healthier relationship. It is important to seek advice and support, even if you're not sure.

If you want help or are unsure and need someone to talk to, **call Safe and Well CQ on (07) 4979 1456** and ask for a FREE counselling consultation.

 **24/7 support**

DVConnect

1800 737 732 (1800 RESPECT)

Immediate danger

Triple Zero (000)