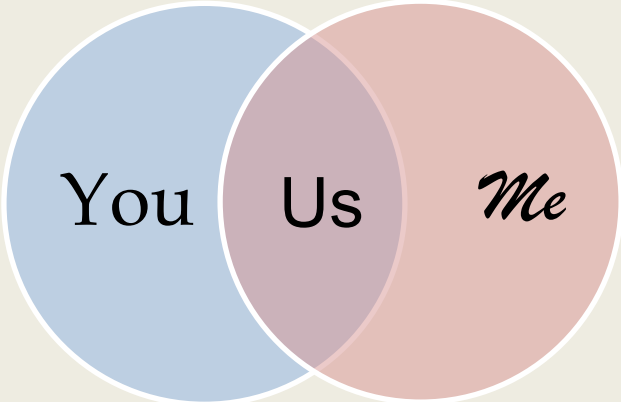


Coercive Control is Domestic Abuse

A healthy relationship should exist on a continuum of *independence and collaboration, supporting and leading, give and take.*

We might diagram it like this:

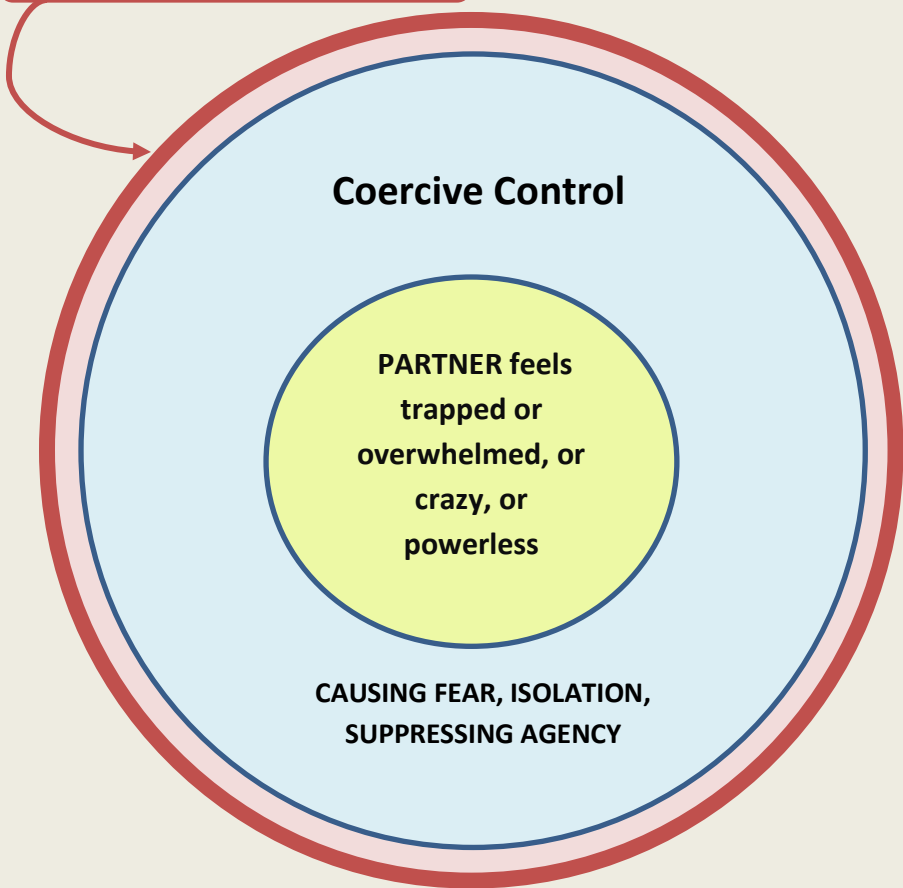


Coercive control changes a relationship, *whether or not there is violence.*

Domestic abuse is not only physical violence

Most domestic abuse is not illegal

Physical violence *may* be present



- Coercive control may include**
- Defining her reality (“Gaslighting”)
 - Toxic triangulation between her friends and/or family
 - Setting arbitrary rules and punishments (being “the Rulemaker”)
 - Interfering with her job
 - Degrading or humiliating her
 - Undermining her parenting
 - Limiting her social contacts
 - Stealing from her
 - Presence of firearms
 - Threats of violence
 - Keeping her children from her
 - Threats of suicide
 - “Guilt treatment”
 - Emotional abuse
 - Having the “Final say”
 - Stalking or monitoring her activities/technology
 - Anger as a tactic