

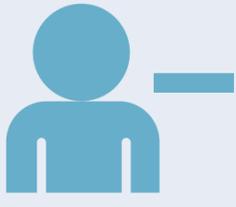


# Coercive Control

## 10 ways to spot coercive control

In 2015 the government introduced a new domestic abuse offence of coercive and controlling behaviour, it describes a pattern of psychological behaviour used by an abuser to harm, punish or frighten. This is a list of the most common examples of coercive control.

01



### Isolation

Isolating you from friends, family or colleagues. He could do this by not allowing you to leave the house or use your car.

02



### Monitoring

Stalking your movements, being controlling about how you spend your time or making it difficult to carry out your normal routine.

03



### Finances

Constantly monitoring your spending, or giving you an 'allowance' to live off.

04



### Demands

Unreasonable demands are made of you, followed up with threats or pressure if you refuse.

05



### Restrictions

Taking your phone away, or restricting your access to communication, information or services.

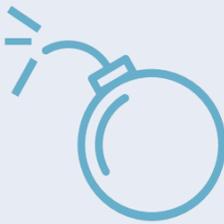
06



### Degrading

Calling you names, bullying or constantly belittling you, sometimes in front of others, making you feel worthless.

07



### Threats

Threatening or intimidating you into changing your behaviour. This can include sex too.

08



### Destruction

Destroying emails and messages, or more valuable items, this could also include hurting a pet.

09



### Gaslighting

Saying that you are going 'mad' or your behaviour is 'insane' so that you doubt yourself or makes you think your memory of events is wrong.

10



### Appearance

Telling you what you can and can't wear including your make up, hair or that you should gain/lose weight.

If any of these sound familiar, then visit [womensaid.org.uk](http://womensaid.org.uk) for more information or contact the domestic violence helpline on 0808 802 3333.



T: 02039678368 M: 07378 423587  
E: [info@dvact.org](mailto:info@dvact.org) W: [www.dvact.org](http://www.dvact.org)