Coercive Control is a pattern of behaviours used to cause fear and gain control over a person. This type of abuse is a form of Domestic Violence.

Is there someone in your life who:

- Makes you feel afraid?
- ♦ Controls what you do and say?
- ♦ Puts you down or embarrasses you on purpose?
- ♦ Accuses you of cheating?
- Pressures you to do sexual things?
- ♦ Threatens to hurt you, themselves, friends or family?
- ♦ Constantly checks your phone or location?

Any of these actions can be a sign of coercive control and in Queensland it is a crime. If you answered 'yes' to any of these, it is likely you are in an unhealthy relationship.

Coercive Control is a widespread issue and is experienced by people of all ages, genders, cultures and socio-economic backgrounds. Controlling behaviour can escalate to physical violence at any time during a relationship.

We all need a helping hand sometimes and support is available in your local community to help build healthier relationships.

Gaslighting

Makes you confused, manipulates your emotions and encourages selfdoubt. Makes you feel like you're going crazy

Interrogation

Being questioned

constantly and told

that you are lying

Tech Abuse

Read your texts, emails & social media without permission. Checks your phone and controls your access

Degrading

Being put down, publicly

humiliated, disrespected

and having your secrets

used against you

Isolation

Stopped from seeing family or friends and made dependent on them

Blaming

Being made to feel

responsible, at fault

and wrong

Coercive **Control**

Harassment

Aggressive pressure or intimidation. constant calls or messaging

> ruin the life of you, family or pets

Stalking

Following you and needing to know what you are doing and where you are at all times



Financial Abuse

Limits your access and controls how you spend your money

Threatening

Threats to kill, hurt or themselves, friends,

The cycle of violence is a pattern seen in abusive relationships that continuously repeats until the victim is able to leave the relationship, or until the person using violence is prepared to seek help to change their behaviour.

This cycle can be separated into four stages: Tension building, Incident, Honeymoon Period and Calm. The pattern can happen many times and each phase may last for different lengths of time, and over time, the level of violence does increase.

CALM

Peaceful
Break in behaviour
Lull before the
honeymoon



HONEYMOON

Apologies
Promise of change
Gifts
Compliments



Throwing things

Door slamming

Destruction

Verbal assaults

Raging

Physical harm



TENSION BUILDING ults/threats

Insults/threats
Accusations
Fault finding
Controlling
Fast mood changes

If you are in immediate danger DIAL 000

If you require immediate safe accommodation call 1800 811 811

For Domestic & Family Violence support call (07)3816 0139

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How to Decognise Coercive Control

www.wcssi.org.au

Sometimes people do not recognise they are in an unhealthy relationship because there may not be physical violence.

