

**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.

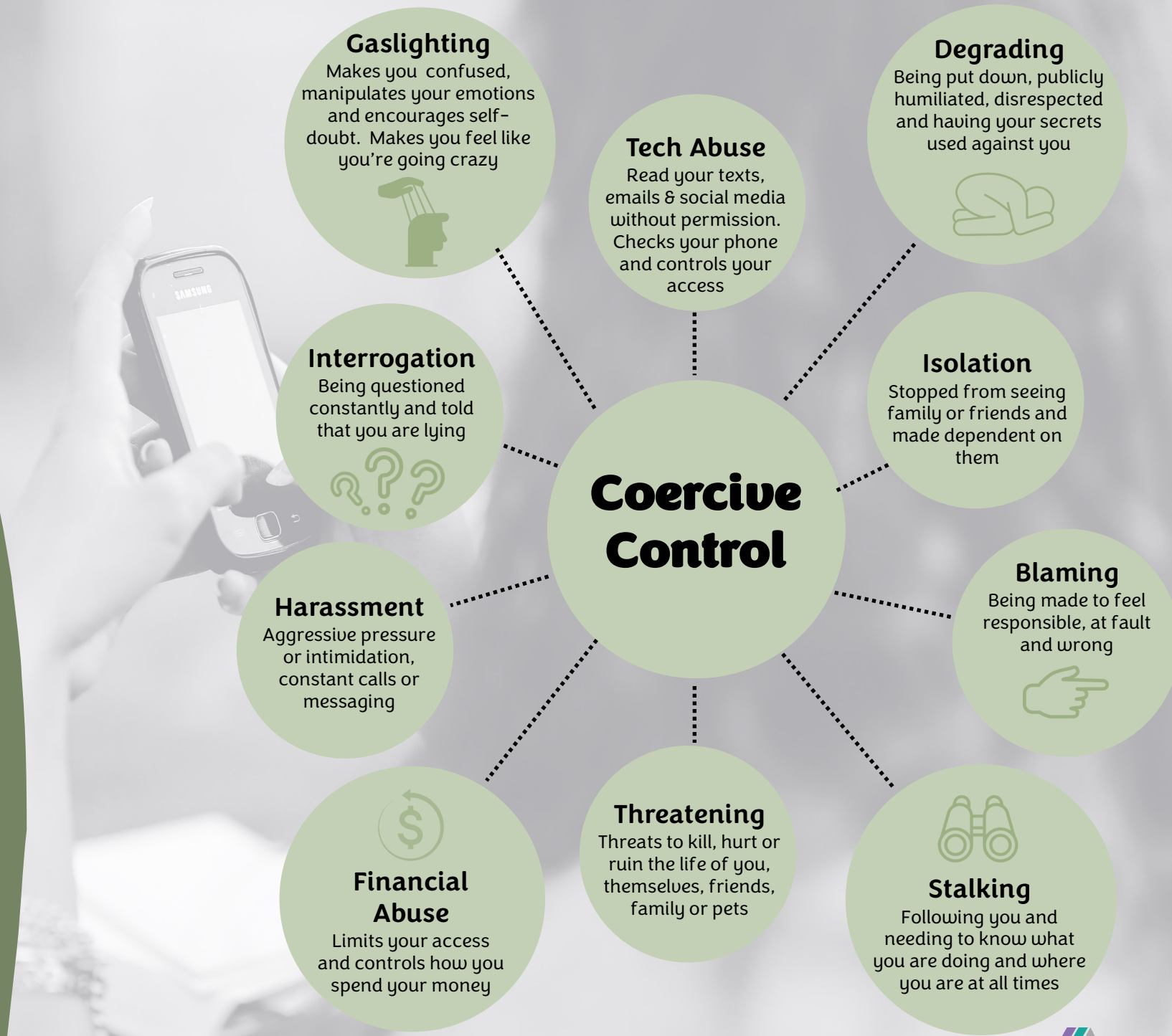
Is there someone in your life who:

- ◆ 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.



## The Cycle of Violence

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

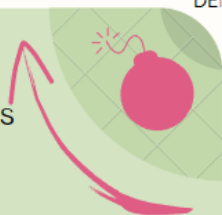
Apologies  
Promise of change  
Gifts  
Compliments



DENIAL

### INCIDENT

Throwing things  
Door slamming  
Destruction  
Verbal assaults  
Raging  
Physical harm



### TENSION BUILDING

Insults/threats  
Accusations  
Fault finding  
Controlling  
Fast mood changes



## How to Recognise Coercive Control

www.wcssi.org.au

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

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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