

RECOVER ARRIVE BECOME

CLINICAL THERAPY PRACTICE

COERCIVE CONTROL

ABUSE CAN HAPPEN WITHOUT BRUISES

Control can build slowly until everyday choices, relationships, money, technology, or movement no longer feel like your own.

WHAT COERCIVE CONTROL CAN LOOK LIKE

- A repeated pattern of behaviors that limits another person's freedom, choices, privacy, relationships, or independence.
- It may happen with or without physical violence.
- The pattern matters: one isolated disagreement is different from ongoing intimidation, monitoring, isolation, or control.

ISOLATION & MONITORING

- Discouraging or preventing contact with friends, family, coworkers, or support people.
- Checking phones, messages, location, accounts, or whereabouts.
- Demanding passwords, constant updates, proof, or immediate responses.
- Making it difficult to work, study, attend appointments, or leave the home.

MONEY, DAILY LIFE & AUTONOMY

- Taking money, blocking access to accounts, creating debt, or interfering with work.
- Controlling transportation, food, medication, sleep, clothing, or household routines.
- Making all major decisions or requiring permission for ordinary choices.
- Using children, pets, housing, immigration status, or health needs as leverage.

FEAR, THREATS & HUMILIATION

- Threatening harm, abandonment, exposure, legal action, or loss of children or pets.
- Breaking property, driving dangerously, blocking exits, or intimidating with weapons.
- Humiliating, belittling, or repeatedly telling someone they cannot function on their own.
- Punishing resistance with rage, silence, stalking, or retaliation.

WHAT CAN HELP

- Name the pattern rather than judging yourself for individual reactions.
- Keep important documents, medication, keys, money, and trusted contacts accessible when safe.
- Document concerning incidents if doing so will not increase risk.
- A domestic-violence advocate can help create a safety plan that fits your circumstances.

GET SUPPORT

- National Domestic Violence Hotline: 800-799-SAFE (7233).
- Text START to 88788 or use thehotline.org from a safer device if needed.
- Call 211 for local community resources.
- If there is immediate danger, call 911.

Your autonomy, privacy, and choices matter.

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