

Recognizing Patterns of Control

Eight Dimensions of Abuse

What is Coercive Control?	Why This Matters
A pattern of behavior where one person uses psychological manipulation, isolation, economic control, and threats to dominate another.	Recognizing patterns is the first step toward safety and recovery. Multiple indicators suggest systemic control.

EIGHT DIMENSIONS OF COERCIVE CONTROL

01 Isolation & Limiting Freedom	02 Emotional & Psychological	03 Economic & Financial	04 Threats & Intimidation
05 Physical & Sexual Control	06 Custody & Parental Control	07 Privileging & Devaluing	08 Entrapment & Dependency

ISOLATION & LIMITING FREEDOM

- Limits contact with friends and family
- Monitors phone calls, texts, and social media
- Controls where you can go or who you can see
- Isolates you from support systems
- Insists on knowing passwords and information

EMOTIONAL & PSYCHOLOGICAL CONTROL

- Uses verbal abuse, insults, or humiliation
- Blames you for their abusive behavior
- Uses gaslighting or denies events happened
- Criticizes your appearance, abilities, intelligence
- Uses silent treatment as punishment
- Makes you feel responsible for their emotions

IMMEDIATE RESOURCES	REMEMBER
<p>National DV Hotline: 1-800-799-7233 Crisis Text Line: Text HOME to 741741 RAINN: 1-800-656-4673 Emergency: 911 thehotline.org</p>	<p>Abuse is never your fault.</p> <p>You deserve safety, respect, and support.</p> <p>Seeking help is a sign of strength.</p>

Eight Dimensions of Abuse (continued)

ECONOMIC & FINANCIAL CONTROL

- Controls all finances and household money
- Makes you ask for money for basic needs
- Prevents you from working or limits employment
- Takes your paycheck without permission
- Runs up debt in your name

THREATS & INTIMIDATION

- Makes threats of physical violence
- Uses weapons as intimidation
- Destroys your possessions or property
- Threatens to harm you if you leave
- Uses aggressive body language or gestures

PHYSICAL & SEXUAL CONTROL

- Pushes, shoves, grabs, or hits you
- Forces unwanted sexual activity
- Prevents access to birth control
- Withholds food, medication, or medical care
- Physically restrains you

CUSTODY & PARENTAL CONTROL

- Uses children as leverage or bargaining chips
- Threatens to take children away
- Controls how children are raised
- Uses visitation as punishment
- Involves children in abusive arguments

PRIVILEGING, DEVALUING & EXPLOITATION

- Makes you feel special, then withdraws affection
- Evaluates your worth based on usefulness
- Alternates between extreme kindness and cruelty
- Exploits your vulnerabilities or past trauma
- Takes advantage of religious or cultural beliefs

ENTRAPMENT & CREATING DEPENDENCY

- Prevents you from leaving (physical or psychological)
- Controls housing and creates dependency
- Hides your important documents (ID, passport, etc.)
- Takes out loans or creates legal obligations
- Creates situations where you feel you cannot leave