

Coercive Control

Controlling Behavior Checklist

Psychological Abuse

- _____ Standing in the doorway during arguments/keeping you from leaving
- _____ Making angry or threatening gestures
- _____ Giving you the menacing "look"
- _____ Using body or size to intimidate you
- _____ Standing over you
- _____ Shouting you down, exploding, yelling, or screaming
- _____ Driving recklessly to scare you
- _____ Threats of all kinds, including taking the children away
- _____ The silent treatment: not speaking or acknowledging you
- _____ Harassment/seeking you out to annoy you
- _____ Stalking you in your home
- _____ Using crude language, calling you names
- _____ Ridiculing your traits, putting you down
- _____ Criticizing your behavior
- _____ Blaming you/false accusations
- _____ Pressure tactics, rushing you into decisions
- _____ Making you feel guilty
- _____ Manipulating the children
- _____ Using your children to coerce you
- _____ Interrupting, changing topics, not listening, not responding
- _____ Lying, twisting your words, withholding information: gaslighting
- _____ Claiming to be the authority, knowing "the truth"
- _____ Controlling your money or all of the financial decisions
- _____ Isolating you from family, friends, or neighbors
- _____ Preventing you from working outside the home
- _____ Sabotaging your job and activities outside your home
- _____ Turning family, children, or friends against you

- _____ Jealousy, emotional withholding
- _____ Affairs, infidelity
- _____ Calling you constantly to check up on you
- _____ Isolating you/making you a prisoner in your own home
- _____ Threatening suicide
- _____ Threatening to kill you
- _____ Threatening abandonment if you don't do what they want
- _____ Keeping you up at night with tirades, interfering with your sleep
- _____ Preventing you from seeking help: medical attention, psychotherapy

Physical Violence

- _____ Slapping with an open hand
- _____ Punching with a fist
- _____ Beating
- _____ Biting
- _____ Kicking
- _____ Dragging
- _____ Poking
- _____ Grabbing/yanking arm
- _____ Twisting an arm, squeezing a hand
- _____ Choking, strangling
- _____ Pushing, restraining
- _____ Pinching
- _____ Pulling [hair]
- _____ Physically throwing you
- _____ Physical restraints: holding you down, pinning you against a wall
- _____ Throwing objects around
- _____ Throwing objects at you
- _____ Spitting on you
- _____ Abuse of furniture, home, your personal possessions
- _____ Abuse of pets
- _____ Keeping weapons around that threaten you
- _____ Using weapons or objects that threaten you

Sexual Abuse

- _____ Jokes against women/men, objectifying and devaluing you
- _____ Degrading you sexually, making you feel ashamed
- _____ Using threats or coercion to have sex with you or sex you don't like
- _____ Waking up to find your partner having or attempting sex with you
- _____ Rape (forcing sexual acts against your will)

Source: DV training in 1982 at REACH—previously The Committee for Battered Women.

Read More Here

Use a Coercive–Abuse Checklist to See Reality

Validation can occur when we "see" the
coercive behaviors we've experienced

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