

Coercive Control: Abuse in Hiding

Who he is

- ☐ “Good guy persona”; He frames it
- ☐ **Charming** (perpetrator/predator/a taker/masked)
- ☐ Watching/monitoring/secret observation
- ☐ Authoritative figure
- ☐ Rescuer hero
- ☐ Protector to predator
- ☐ Charming
- ☐ Manipulative (master, persuasive, believable)
- ☐ Possessive/jealous
- ☐ His rules (cold, calculated)

He: didn't look for someone to love; he looked for someone to control.

What he does/did

- ☐ **Charmed**
- ☐ Builds love and trust
- ☐ Seduced (groomed)
- ☐ Early commitments demanded
- ☐ Relationship on speed
- ☐ Fake love, crazy love
- ☐ Won't take “no” for an answer
- ☐ Demanding/gets what he wants.
- ☐ Blames (perpetrator always portrays self as {innocent} victim)
- ☐ Normalising
- ☐ Erodes independence
- ☐ Tracking
- ☐ Hostage
- ☐ Uses/grooms the children that he “is the better/safer adult”
- ☐ Dismissive

What she experiences

- ☐ Vulnerable (victim/prey/a giver/**desires to be adored**)
- ☐ Vulnerable target
- ☐ **Gullible**
- ☐ Being his victim
- ☐ Becoming his victim
- ☐ Degraded (not equal) = She is never enough
- ☐ Humiliated

- ☐ Prisoner
- ☐ Controlled (emotional/sexual)
- ☐ Controlled(social/physical)
- ☐ Controlled(financial/digital)
- ☐ Restricted(food/finance/freedom)
- ☐ Isolated
- ☐ Not allowed to say “no”
- ☐ Dominated/oppressed
- ☐ Blamed (**second guessing herself/victim-blaming**)
“What is wrong with me? How did I let this happen?”
- ☐ Questions/doubts the self
- ☐ Blames herself (I think there is something wrong with me)
- ☐ Brainwashed (regressive deterioration)
- ☐ Threatened
- ☐ Fear of antagonising
- ☐ Freeze and appease (victim abuses self, internalising the abuser’s thoughts)
- ☐ Beaten down (traumatised/empty shell)
- ☐ Paralysis (powerless)
- ☐ Dependent
- ☐ Trapped
- ☐ Shamed
- ☐ Imprisoned
- ☐ Objectified
- ☐ Self-deleted
- ☐ Compromise self – sustain the other
- ☐ Self-sabotage and protect the other

She: Easy going, friendly, positive person = gullible to manipulation.

What the impact is

- ☐ Collateral damage (victim is perpetrator’s “rehab”, or rebound revenge).
Perpetrator hoodwinks, sweet-talks, lures, cons, and entraps majority of people as well. ‘Charming’ means to seduce and manipulate.
- ☐ Double take, second guessing, accusing self
- ☐ Mental chains
- ☐ Perpetrator enjoys/loves manipulation, control and power, using blame shifting (psychological manipulation to sow confusion, to distort reality) to cause victim to question own judgement, intuition and sanity.
- ☐ Surviving safety
- ☐ Scared of leaving, fear of how he will react
- ☐ No normalcy yardstick

- ☐ Reporting red-flags escalates control
- ☐ Protects him to protect herself
- ☐ No way out ('it's all her fault')
- ☐ Scared of not being believed