



LSS
CHOICES

For Victims of Domestic Violence



coercive control

While people most often define domestic abuse as physical violence, it can also take other forms or signs, such as emotional/psychological abuse, financial abuse or sexual abuse. **Coercive control** refers to any pattern of behavior used to gain and maintain control over a partner. It denies the victim their autonomy and is based on control, manipulation and oppression. *Coercive control tactics are:*

Isolation or controlling what a victim does or who they talk to, including from friends and family. Increasing dependence on him/her by limiting outside involvements/activities.

Deprivation of basic needs including food, water, medication and sleep.

Stalking or monitoring whereabouts, activities or communication with others, including through the use of technology.

Interrogation on what you do and who you talk to when your partner isn't around.

Limiting access to finances and other financial abuse strategies.

Humiliation, constant criticism, name-calling and other types of verbal abuse.

Threats of violence against you, your loved ones and/or your pets.

Threatening to publish information or go to the police or authorities, including revenge porn or deportation if an undocumented immigrant.

Damaging property

Guiltting you into doing things you don't want to do, such as cancelling plans, quitting a job, having sex, etc.

Gaslighting, a type of psychological abuse when the abuser tries to make their victim doubt reality or convince them the abuse isn't happening or isn't nearly as bad as they believe. The goal is for the victim to question every memory they have.

Adapted from <https://www.domesticshelters.org/articles/identifying-abuse/a-guide-to-coercive-control>



NEED HELP? CALL THE 24-HOUR CRISIS LINE: 614-224-HOME (4663)

lssnetworkofhope.org/choices