

Understanding Coercive Control

Controlling and coercive behaviour are forms of emotional abuse. They often go together but are slightly different. Controlling or coercive behaviour is now a criminal offence under the Serious Crime Act 2015.

Coercion is a pattern of behaviour designed to make someone feel intimidated, scared, humiliated, or threatened. *Controlling behaviour* happens when someone sets out to make the victim subordinate or dependent on them by cutting them off from their support networks, regulating their behaviour and reducing their independence.

The below diagram, by Duluth, shows the main tactics that abusers use. It can be a useful tool to show a victim as it helps to validate and name what is happening to them.

